FOOD HOME RECIPES FOR PHILIPPINE FISHES

BY

CONSEJO SALARDA

GOOD HOME RECIPES

for

PHILIPPINE FISHES

[redacted]

GOOD HOME RECIPES

For

PHILIPPINE FISHES

by

Consejo Salarda

Philippine Book Company

Manila, Philippines

Copyright, 1955, by M. J. ENRIQUEZ

All Rights Reserved

No part of this book may be reproduced in any form whatsoever without the permission from the publisher.

Publisher & Distributor **PHILIPPINE BOOK CO.**
872 Rizal Ave., Manila — Tel. 3-72-88

FOREWORD

The Philippines is a fish-eating country. Its geographical factors make it so. The Philippine waters abound in different kinds of fishes, from the popular lapu-lapu to the dilis. Those who cannot afford to buy the expensive ones can still have fish in their diet if they buy the cheaper kind. The food value of fish is not measured by the price it commands. Take the dilis, for example. It is cheap, but nutritionists declare it high in calcium content. And it is within the reach of the modest pocket.

A clever housewife sees to it that her means are varied and appetizing. This book suggests different ways of preparing and cooking fish. Some are simple and for everyday menus. More elaborate ones are also included to please fastidious tastes.

In the preparation of this **GOOD HOME RECIPES FOR PHILIPPINE FISHES,** we consulted and quoted valuable guide materials from various sources. We extend our grateful acknowledgement to these sources we made reference of in making this book a helpful home recipe guide for all Filipino girls and housewives.

THE PUBLISHER

GOOD HOME RECIPES

for

PHILIPPINE FISHES

TABLE OF CONTENTS

Our Food Habits 1
Buying Fish 5
Cutting Fish 7
Some of the Market Fish 8
Philippine Fish Recipes 12
Tagalog Fish Recipes 29
Recipes on Baked or Chilled Fish 37
Appetizing Sauces for Fish 44
Delicious Fish Salads 50
Fish Recipes of Other Countries 58
Assorted Recipes for Everyday Meals 72
Dressings 87
Soups 89
Primary Fish Cooking Methods 96
    Cooking Terms
    Table of Equivalent Measures
    Common Philippine Equivalents of
        American Cooking Terms
Methods of Fish Cooking 101
    Baked Fish
    Boiled Fish
    Steamed Fish
    Broiled Fish
    Deep-oil Pan Fried and Deep-Fat Dried Fish
    Planked Fish
Family Food Plan For a Family with a
    Low Income 105
Family Spending Plan for Good Nutrition
    For a Family With Moderately
    Low Income 108
Bibliography of References 111

GOOD HOME RECIPES

for

PHILIPPINE FISHES

OUR FOOD HABITS

Man is a creature of habit. The way he dresses, goes to his church, furnishes his home, and the way he prefers to take his meat, his fish or vegetables are governed by habit. A man's food habits are so ingrained in him that he will take without hesitation any suggestion that may involve changing his fixed ways of eating.

We all remember the difficult days of food rationing, those wartime food budgets that reached the thousand-peso

mark; when clams (tulya), coconuts and kangkong, small fishes and peanuts were good old standbys in every home because of their comparatively low prices. From the nutritionist's point of view, the small amount of rice eaten at that time coupled with the very large bulk of leafy greens like kangkong, camote tops and talinum; the generous coconut dishes and plentiful tulya, and peanuts were truly heaven-sent.

We did not know it at the time, but if we check our war-time meals with the Basic Six Food Groups, we would be surprised that such a meal contains food from Group I to Group VI. Although this diet was low in milk and milk products, eggs, chicken and meat, there was an unusually generous supply of small fishes, clams (tulya), peanuts, dried and fresh beans and bean products which are good sources of protein and calcium. Leafy green and yellow vegetables were eaten in greater proportion to rice, which was rationed and served in much smaller portions than today.

But the Filipino is not happy with such a diet because of his food habits. The Filipino prefers to eat large servings of rice with as much beef, pork and fish as he can afford and with only a sprinkling of fruits and vegetables. He still eats peanuts but not as much as he used to eat then; while coconuts play a very minor part in the diets of today.

If you want to check your food habits with some sort of a yardstick, to find out for yourself how good they are we suggest that you use the Institute of Nutrition scorecard reproduced below and see how you rate. If you get below 75 per cent, perhaps your eating habits need a bit of change. Money spent for food must bring you optimum health, vigor and increased efficiency. If you feel below par, the scorecard may help you find the reason why. Are you buying health or sickness when you go to market? Be fair to yourself, be wise food managers by investing in health foods that are money-saving.

If interested in the use of the scorecard and if in doubt about your score, write to the Institute of Nutrition for "Instructions for the Use of the Scorecard."

SCORECARD

I. Food Selection:

1. Milk, Cheese, Butter Milk: (Child)

		Perfect Score
4 full glasses daily	20	
3 full glasses daily	15	
2 full glasses daily	10	25
1 full glass daily	5	

An adult needs only half as much as child to score 20 points.

Any fat-rich food	5	
Give extra credit for cheese and butter	2	

2. Vegetables

At least two servings of vegetables daily. (1/2 cup for every serving)

If one kind is leafy or green	5	10
If one kind is yellow	5	
If one kind is raw, give extra credit		

3. Fruits

At least two kinds daily

1 whole fruit such as banana, chico, atis, guava, etc.	5	15
1 good sized slice of such fruits as papaya, pineapple or 1 glass of calamansi juice or any citrus fruit juice like naranghita	10	

4. Meat, Fish, Poultry, Eggs, Dried Beans, Mongos, and other Legumes

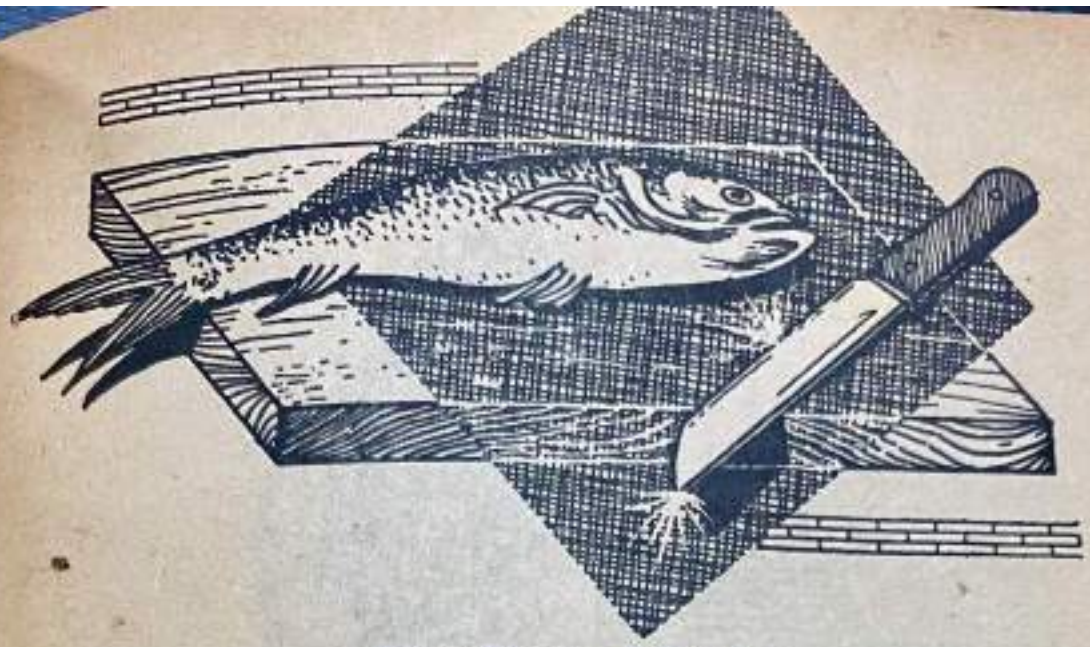
1 egg daily or 3 to 4 eggs a week	7	
1 slice liver 4" x 2" x 1" or one serving dinuguan "papait" or menudo (3/4 to 1 cup)	8	20
Beef, fish or poultry (4" x 2" x 1")	5	
Mongos (1/2 cup a serving) or any legume may be substituted for beaf, fish or poultry 2 or 3 times times a week.		

5. CEREALS

At least two generous servings daily		
Bread (3 pan de sal or 2 slices loaf bread 3" x 2" x 1/2")	10	

6. FOOD HABITS

3 regular meals each day	9	
No tea, coffee or strong cocoa	3	
Sweets eaten only after meals	3	15
TOTAL SCORE		100



BUYING FISH

A fresh fish is not necessarily one that smells the fishiest. To the contrary, a top quality fish has a fresh smell. The acute fishy smell sometimes noted is usually a sign that the product is close to the end of its life, as a putrid odor will soon be evident. A fresh fish should have a bright, clear, full eye with a jet black pupil and transparent cornea. The gills should be pink or tinted and the flesh should be firm and elastic, springing back to fill up the hole when prodded.

A stale fish has a clouded, sunken grey eye, grey or slimy gills, a tainted or stale odor, and the flesh holds the indentations when pressed. Stale oysters and clams have shells that usually begin to gape; thus the shells should be tightly closed when bought. They should also be smelled for the putrid fish odor that indicates an undesirable product.

Quality in shucked oysters and clams is hard to determine. They should have a fresh clean odor, clean-cut sharp outlines and, if possible, be kept on ice. The best assurance of good shellfish , as in all fish buying, is a good dependable dealer who wants your trade and keeps a good product in a clean sanitary stall.

Crabs and lobsters should be alive when purchased. To test a cooked lobster or shrimp for its condition at the time it was cooked, straighten out the curled tail. If it curls back, it was alive when cooked.

It is well to remember that in order to have a good finished product, in cookery, it is necessary to start with a good raw material!

CUTTING FISH

The recipe used in cooking fish decrees the manner in which the fish is to be cut. There is a region in the world that has never seen a fish on the table with the head and body cavity intact. In fact, with the increased tendency toward filleting and freezing of fish, there are inland sections of the United States where the whole fish is seldom seen in the markets. However, in the Philippines, economy has dictated that the whole fish be used, wherever possible and certainly this practice is nutritionally sound.

When the fish is intact with the head, tail and viscera still attached, the fish is "whole" or "in the round". It is quite usual in the Philippines to see fresh small fish in the round, cut with lateral slashes along their sides, rolled in salt, pierced lengthwise with a bamboo splinter and broiled over a charcoal fire.

A "drawn" fish has been eviscerated (a slit made down the center of the soft belly and the entrails removed). Eviscerated small fish may be baked, pan fried or broiled. Large tender fish, such as the Spanish mackerel, may be baked without further preparation.

A "dressed" fish has the scales, viscera, fins, head and tail removed.

"Scaling" is done by holding the fish firmly with one hand and scraping the scales off with a knife held almost vertical to the fish, from tail to head. Soaking a dry fish in water a few minutes before scaling facilitates the operation. Scrapers, with rough edges or made from numerous blunt nails, driven through blocks of wood or made from soda bottle caps, can be used instead of a knife.

The head is removed by cutting above the collarbone behind the gills and then slicing straight through the backbone or snapping it off by bending it over the edge of the table. The pectoral fins can be removed with the head.

The dorsal fin is removed by vertical cuts down each side of it toward the backbone and then giving it a sharp pull forward toward the head. The ventral fin can be removed in a similar manner while the pelvic fins are removed by cutting the flesh that attaches them to the belly flaps.

SOME OF THE MARKET FISH

There are different species of fish in the Manila markets. Usually the only limits on buying are price and personal desire. Due to the great demand certain fish are extremely high in price. In fact some fish seldom come unto the retail market, as influential individuals have standing orders like spiny lobsters, mussels, etc., that may appear in the wholesale market.

However, the average Filipino will name the **lapu-lapu** as the choicest fish in the market. **Lapu-lapu** maybe gray, brown, or red with vari-colored spots and splotches, yet there's another kind whose flesh is white, sweet flavored and flaky. This may be baked or cooked as steaks.

The **tanguigui** or Spanish mackerel is a very fine food fish easily identified by its long body, blue stripes found on the back and dark stripes across the sides. The flesh is firm and white, good for grilling as steaks, or baking when the fish is small. Of course, an amount of sauce adds zest to it.

The red snapper is a bright red fish. The best known is the **maya-maya.** If baked slowly it makes a very fine dish especially when served with an attractive sauce.

The round slender-bodied barracuda makes a tasty dish when baked or broiled.

The golden **dalagang bukid** and the brightly-colored **morong** are savory fish, though considered second class by many people.

The **hasa-hasa, alumahan** and **cavalla** make a good meal as pan fish and have to be tried to be appreciated properly.

The **mullets** or **banaks** are likewise tender and delicious fish. When carefully cooked they bring out in them the best flavor.

The native **pampano** or **talakitok** is rather a plain colored, deep-bodied fish and another acceptable dish.

The **porgy** is a fish which bakes into a tender, desirable meal.

The **palad** or flatfish is among the very best but is not popular because of its scarcity. Their flattened bodies, brown or grey-colored backs and white undersides and twisted mouths and eyes make them very distinctive.

The **dalag** or mudfish is usually sold alive. When skinned and soaked in salt water for a few minutes, split and fried up crisp brown, it would be a delightful food. The catfish is in a similar category.

The pond-raised **bangus**, shiny, silvery fish with medium-sized scales, make up the most common fish in the market.

As far as flavor and desirability are concerned, the **bangus** sells as second or third-class fish in the south, while in Manila it is rated first class. Though bony, it has a mild, sweet flavor.

The Filipinos consider the tuna a second-class fish although it is highly esteemed in America. Small-inch-squared pieces of yellow fin tuna rolled in flour, beaten egg and dried bread crumbs and then fried in hot fat for about four or five minutes cannot be bettered for gustatory delight. A tartar sauce makes the flavor even more striking.

Among the crabs available for sale, the **alimango** is probably the best. Then comes the brother **alimasag**. Both are expensive delicacies.

Fresh shrimps or **hipon** are extremely good and desirable. They are the best when not overcooked and some run up to a length of two feet or more.

The oysters look good, too. If one is sure that the oysters, clams or **halaan** come from a good and safe location, and are fresh, he can be sure that they are quite delectable and very desirable.

It is impossible to do justice to all the many fine fish in the market but it would be well to classify them as to relative desirability.

TAGALOG NAMES FOR VARIOUS COMMON PHILIPPINE FISHES

English	Most Used Tagalog Name
Anchovy	Dilis
Barracuda	Asugon or Torsilyo

Big-eyed Herring	Dilat
Big-eyed Scad	Matang baka
Bisugo	Bisugo
Caesio	Dalagang-bukid
Carp	Karpa
Catfish	Hito (freshwater) and Kanduli (salt-water)
Cavalla	Talakitok
Crab	Alimango
Eel	Igat
Gizzard Shad	Kabasi
Goby	Biyang puti
Grouper	Lapu-lapu
Hairtail	Balila
Lizard fish	Kalaso
Milkfish	Bangos
Oyster	Talaba
Mullet	Banak
Mudfish	Dalag
Porgy	Bitilya
Ray	Pagi
Red Snapper	Maya-maya
Short-Bodied Mackerel	Hasa-hasa
Shrimp	Hipon
Spanish Mackerel	Tangigi, Tanguingui (Spanish)
Spiny Lobster	Banagan
Spotted Grunt	Ago-ot
Squid	Pusit
Striped Mackerel	Alumahan
Tuna	Tulingan
Turbot or Sole	Kalangkaw or Lapad

PHILIPPINE FISH RECIPES

TOCHONG BANGUS

1 medium-sized bangus
4 tomatoes, minced
A piece of ginger cut in narrow strips
1 cube tajure
2 tablespoons tausi
2 segments garlic finely chopped
1 onion, sliced
2 tablespoons vinegar
Sugar to taste
1 cake tokua cut into pieces

Clean the fish. Cut in pieces about 1/2 inch thick. Salt and let it stand for about fifteen minutes. Fry the fish in hot lard until brown and set aside. Saute the ginger, garlic and tomatoes. Dissolve the tausi in one cup of water. Add the tajure, tokua, onion and sugar to taste. Boil for about five minutes. Add the vinegar and continue boiling a few minutes longer. Drop the fried fish and continue boiling until the fish is done.

RELLENONG BANGUS

1 bangus, medium-sized
1 onion
2 large tomatoes
1 segment chopped garlic
1 egg
Juice of 2 calamansi
1 tbsp. raisins
½ cup peas
Salt and pepper to taste

Clean the bangus. Cut it open at the back, and remove the meat of the fish. Flake the fish meat and remove all the bones. Add salt and pepper to the flaked fish.

Saute in lard the garlic, onion and tomatoes. Add the flaked fish, peas, raisins and cook until done. Add the calamansi juice and slightly beaten egg. Fill the bangus skin with the mixture and sew up the opening. Fry in deep hot fat until the fish is golden brown.

BURONG ISDA

1 bangus, medium-sized
1 tablespoon angkak
1 cup rice
2 cups water
5 segments chopped garlic
1 onion, sliced
2 minced tomatoes
2 tablespoons lard

Clean the fish. Slice into pieces and salt all the slices. Let salted fish stand overnight. Cook the rice and allow it to cool. Mix the angkak (pounded fine) with the rice. Cover and let it stand from 3 to 5 days or until a time when the mixture smells sour.

Saute the chopped garlic, onion and tomatoes in lard. Add the buro and saute the mixture. A little water may be added if the buro is too thick. Serve hot or cold.

ESCABECHE (Macao)

1 medium-sized lapu-lapu, apahap, or talakitok
1 large onion
3 segments of sliced garlic
1 large, red sweet pepper
1 or 2 potatoes
4 tablespoons sugar
2 tablespoons flour
4 tablespoons vinegar
3 tablespoons toyo

Clean the fish and fry in deep hot fat until brown. Set it aside.

Fry the garlic, onion, and sweet pepper cut in strips.

Make the gravy by mixing vinegar, toyo, sugar, and flour with a little water. Mix the sugar and flour first. Then add water little by little so the mixture will be smooth. Add the vinegar and toyo last.

Boil the mixture in a frying pan for five minutes.

Put the fried fish on a serving platter and pour the gravy carefully over it. Crispy fried potatoes (sliced) maybe used as garnishing.

GINATAAN BIA

5 regular sized bia
1 cup coconut milk
1 tbsp. flour
Juice of 2 calamansi
½ teaspoon salt

Clean the fish. Boil 1 cup coconut milk for about 15 minutes. Add the salt and calamansi juice.

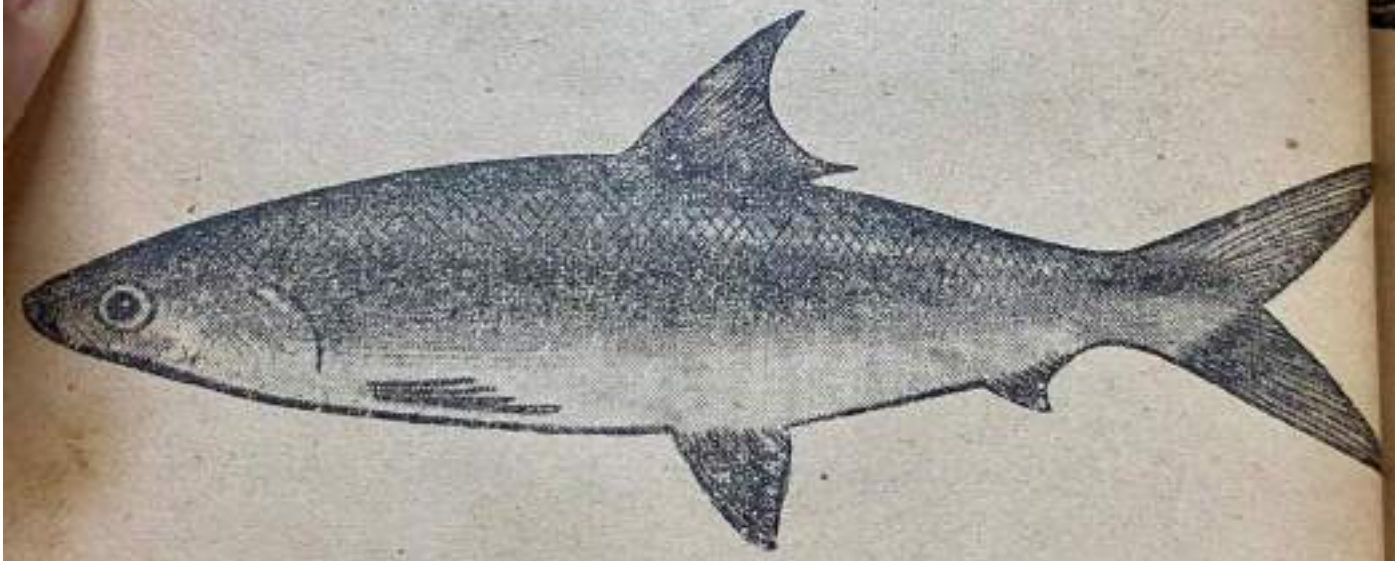
Put the fish on a platter and prepare the gravy.

Mix one tablespoon of flour with the stock in which the fish was cooked. Simmer the mixture until it is thick, then pour the gravy on the fish.

DILIS CUTLETS

1 cup fresh dilis, washed and drained
1 egg, unbeaten
6 tbsp. cornstarch
1 tbsp. toyo
6 tbsps. water
Lard for frying

Mix egg, water, toyo and cornstarch. Pour into the bowl of fresh dilis. Drop by spoonfuls in hot lard. Three to four dilis makes a good cutlet. Fry until crisp. Serve at once.



BANGUS PESA

1 medium-sized bangus, cleaned and sliced
½ small cabbage halved
2 bundles of pechay, stalks cut from long leaves
3 inches long upo diced into 1 inch cubes

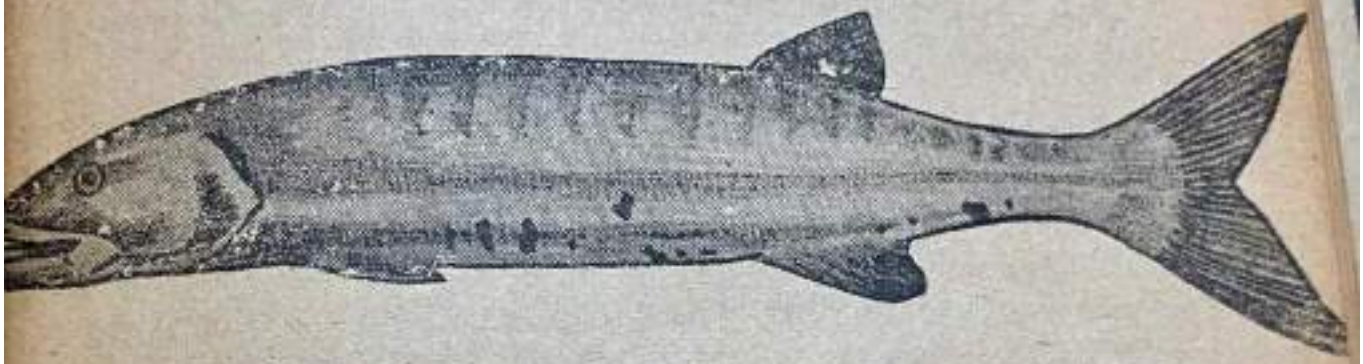
Let to boil:
5 cups rice water seasoned with
1 tsp. pepper corn
1½ inches long of ginger pressed
4½ tsp. salt

Drop the stalks of pechay to soften for 2 minutes. Put the fish and cabbage to boil. Add rice, water, ginger and salt.

BROILED BANGUS

1 big bangus
1 onion, chopped
2 tomatoes, chopped
Salt and pepper to taste

Clean the fish very well and with a sharp knife cut along the back and remove the backbone. Mix the chopped onion, seasoning and tomatoes and stuff the fish with the mixture. Wrap well in a banana leaf and broil. It proves good when served with calamansi halves.



DALAG WITH SALZA AMARILLA

1 big dalag
Salt and pepper
A small amount of flour

Clean dalag and cut into fillets. Sprinkle with pepper and salt. Cover the fish with flour and fry in lard or olive oil in a frying pan. Set it aside until the sauce is ready.

Sauce:

2 onions
Kinchay
1 tbsp. olive oil
1 cup hot water
Few grains of pepper
1 tsp. curry powder

Cut onion into very fine pieces; so with the kinchay. Then fry the onion adding the kinchay when it's tender in the olive oil. Pound the onion together with kinchay and grains of pepper. Extract the juice with hot water and strain it. Place it in the saucepan; then add salt to taste, curry powder and flour for thickening.

ESCABECHENG APAHAP

1 apahap
4 pieces of tokua
1 onion, sliced
2 heads garlic
1 cup water
1 cup vinegar
1/2 cup sugar
1 red pepper
2 tbsp. sifted flour
A few mushrooms and ginger

Clean and slit the apahap. Rub with salt to taste. Prepare the ginger and garlic and cut them in diagonal strips. Dice the tokua in regular sizes and mix it with sugar, vinegar, salt so as to derive an agreeable sweet, sour taste. Also cut the pepper into four parts.

Melt the fat in a pan and fry the fish and tokua until it's almost done. Set it aside for sometime. Saute the onion, ginger and garlic in the same lard used. Add a mixture of vinegar and when it boils add the fried fish, mushrooms, tokua and pepper. Cover it for five minutes and add flour when it's almost done together with a cup of water. Then stir gently until it becomes thick.

ESCABECHE WITH PAPAYA

2 green papayas cut in strips
1 medium-sized fish
1 large onion sliced
1 head garlic, sliced thin
1 tbsp. ginger, sliced into strips
1 sweet red pepper cut
1 hot pepper, cut in strips
3 tbsp. vinegar
1 1/2 cups water
3 tbsp. toyo
1 1/2 tbsp. flour or cornstarch
4 tbsp. sugar
2 tbsp. lard
2 tsp. salt

Clean the fish and sprinkle with salt. Drain well and let it stand for 15 minutes. Fry in hot fat until brown and then set aside. Saute the garlic, onion, ginger, and papaya until the papaya is just half cooked. Add hot pepper and salt to a mixture of water, sugar, vinegar, toyo and flour or starch. The fried fish should be placed on the platter whenever you pour the gravy mixture. Garnish with sliced red pepper so as to look more attractive and appetizing.

FISH CROQUETTES

1 cup flaked fish
2 sections garlic, finely chopped
1/2 onion, finely chopped
3/4 cup milk
1 1/2 tsps. salt
2 tbsp. butter
2 tbsp. chopped green onion
10 small potatoes boiled, peeled and mashed
2 eggs
6 tablespoons bread crumbs
1 pinch black pepper

Saute the garlic and onion in 2 tablespoons lard. Add the fish, black pepper and salt and fry it for about 5 minutes. Add also the milk and mashed potatoes and cook till it's almost dry. Then add green onion and butter. Mix it very well and shape it into oval croquettes. Roll it slightly in beaten eggs and bread crumbs. Fry them in hot fat until brown. Surely the taste is delightful.

FISH WITH MISUA

1/2 cup misua
1/3 cup lard
1 cup water
2 cloves crushed garlic
1/2 sliced onion
2 ripe chopped tomatoes
Salt and pepper (to taste)

Fry a medium-sized fish until brown and crisp on both sides in 1/3 cup hot lard. Then remove the fish and keep hot. Saute 2 cloves crushed garlic with 1/2 sliced onion and 2 ripe chopped tomatoes. Add 1 cup water to 1/2 cup misua and season it with pepper and salt to taste. Pour this sauce over the fried fish and serve hot.

FISH BALLS WITH SOTANGHON AND KINCHAY

2 1/2 cups kinchay
1/2 cup fish minced
3 1/2 tablespoons lard
1/2 onion (medium)
1 egg
1 cup sotanghon

Season the minced fish with a little salt and pepper, break the egg into it and shape them into balls. Saute the garlic and onion on the frying pan with a little lard. Then cook it for about five minutes. Cover with two cups of water, add some seasoning and bring to a boil. Soak the sotanghon in a basin of water and cut them into short lengths. Add this to the fish and add the kinchay leaves when cooked. Season it with salt and pepper, cover and cook it for two minutes. It's indeed nice when served hot.

TINOLANG KANDULI

1 medium-sized dried kanduli
2 cloves garlic, crushed
onion, sliced
2/3 tablespoonful patis or soy
5 potatoes, medium-sized
5 cups water
5 tablespoonfuls lard
1 cup sili leaves, washed and sorted

The fish should be soaked in the water for 2 minutes, cut into 2-inch square pieces. Saute the onion in a saucepan of heated lard. Add patis or soy sauce, cover and allow to simmer over moderate heat. Add water and boil: then add fish and potatoes (quartered) and cook over moderate heat until both becomes tender. Add seasoning of salt and pepper, then add sili leaves to the mixture. Wonderful when served hot.

SINAING NA DILIS

1/2 kilo fresh dilis
2 tablespoons salt
5 green tamarind (pounded)
Banana leaves
1/2 cup water

Clean the fish well and add salt. Wrap in banana leaves. Put into the kettle with pounded tamarind and add water. Cook it until the water becomes dry.

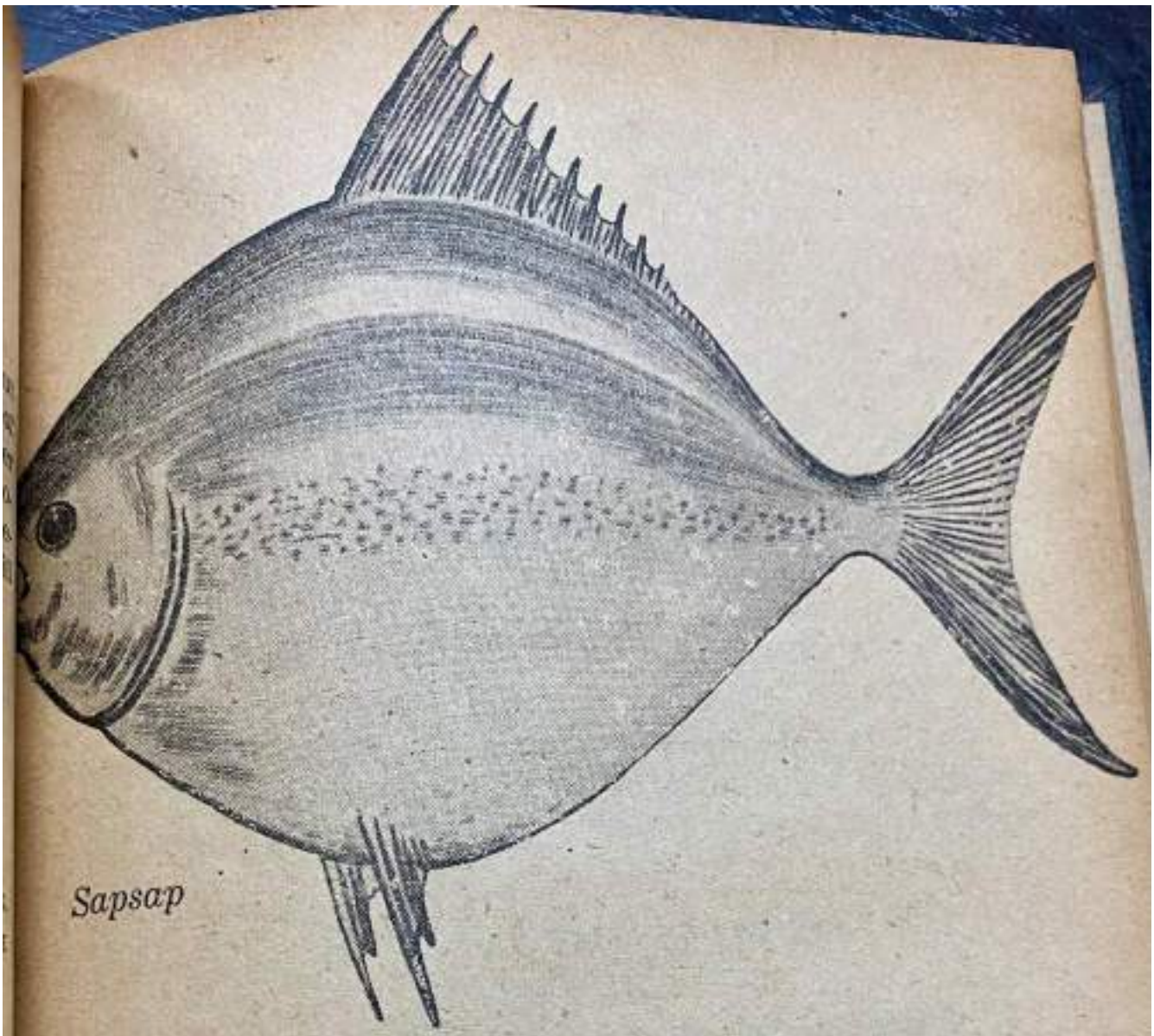
PAKSIW NA DILIS

1/2 cup vinegar
1 tablespoon salt
2 cups fresh dilis
1 small piece of ginger sliced thin

Wash thoroughly the dilis and drain. Line the clay pot or any cooking vessel with banana leaves or sea weeds. Add to the dilis, salt, vinegar and ginger. Cook it for 10 minutes. When served with fresh tomatoes the flavor will be much improved.

KILAWIN DILIS (Fresh)

Wash the dilis carefully and soak for 20 minutes in vinegar. Set aside. Grate 1/2 of a coconut and extract 1/4 cup for thick coconut milk. Drain the dilis and squeeze lemon juice over it. Then add slowly the thick coconut milk, salt, pepper, and chopped onion. This proves to be a very good appetizer.



Sapsap

PINAÑGAT NA SAPSAP

25 pcs. small sapsap
2 tablespoōnfuls lard
1 onion sliced
2 tomatoes

Clean the sapsap very thoroughly and rinse in salt water. Boil together the sliced tomatoes and onions. Add the sapsap; add salt to taste. When boiling add the lard and allow to simmer. Serve with patis or bagoong.

SINIGANG NA KANDULI

3 big kanduli
3 ripe tomatoes
Kangkong leaves
10 camias
2 tbsp. bagoong
1 green pepper

Clean the fish very well. Cut into pieces. Boil the sliced tomatoes, camias and bagoong with enough water in a saucepan. Take out the camias when soft, squeeze the juice and re-

turn it to the boiling water. Add the fish, pepper, kangkong leaves. Cook until tender. Santol may be used also instead of camias.

PRITONG KANDULI

Clean the fish and put a little salt. Prepare a hot frying pan and drop the kanduli. Remove when brown. Serve with ripe tomatoes.

SINIGANG NA TANGUINGI

4 slices tanguingi
2 tbsp. bagoong
2 tomatoes
8 camias
Kangkong leaves

Wash the fish. Boil water in a saucepan, add the sliced tomatoes and bagoong. After a few minutes drop the fish and kangkong leaves. Remove from fire when tender.

ALAMANG WITH TOMATOES

1 cup alamang
2 tbsp. lard
1 slice garlic
2 tomatoes
1 pinch of salt

Wash the alamang. Saute the tomatoes and salt, then add the alamang. Add a little water and cook until done.

TINAPANG KABASE WITH UPO

1/2 upo (young)
5 tinapang kabase
1/2 cup shrimps (dried)
3 tomatoes
2 tbsp. bagoong

Pare and slice the upo. Slice the tomatoes, peel the shrimps and the tinapa. Boil the water. Put in the tomatoes and bagoong, add the tinapa and shrimps. Later, drop the upo and boil until green and tender.

FRIED SAPSAP

12 sapsap
A pinch of salt
4 tbsp. lard

Clean the sapsap thoroughly. Heat the frying pan. Fry the sapsap until brown. Remove from the fire. Serve with tomatoes.

PAKSIW NA HASA-HASA

4 hasa-hasa
A pinch of salt
1 c. vinegar
1 pc. ginger

Clean the hasa-hasa and rub with salt. Place in saucepan and add the vinegar, salt and ginger. Boil until it is cooked. Serve with patis and bagoong.

PAKSIW NA BIA

2 bia
A pinch of salt
1 c. vinegar
1 pc. ginger

Clean and wash the fish. Place in a saucepan; add vinegar, salt and ginger. Boil until it is cooked. Serve with bagoong or patis.

ESCABECHENG HITO

3 hito
A pinch of salt
3 tbsp. sugar
Lard for frying
A piece of ginger
1 slice garlic

Clean the fish and rub with salt. Make the slits in the body crosswise. Fry in deep hot fat. Remove from fat when brown. Dissolve the sugar in water. Saute the hito in a little lard and ginger. Then add the dissolved sugar. Remove from fire after it has boiled once.

BROILED HITO

2 big hito
A pinch of salt

Clean the hito very well, and rub with salt. Prepare live coals and place the fish on a wire toaster. Broil until both sides are brown and tender.

Serve with buro or tomato sauce.

BROILED SAPSAP

10 sapsap
2 tomatoes
Sili leaves
1 tbsp. bagoong

Clean the sapsap. Put the water, tomatoes and bagoong together. When boiling, add the sapsap and pepper leaves. Remove from fire when done.

FRIED DILIS

1/2 l. dilis
3 tbsp. lard

Wash the dilis, and heat the frying pan. Fry the dilis little by little, until brown. Do not fry the whole group at once if you want to get a good result. Serve with tomatoes and onions.

DILIS WITH EGGS AND TOMATOES

1/2 l. dilis
2 tomatoes
2 tbsp. lard
Salt
2 eggs
1 onion
1 sliced garlic

Saute the garlic, onion, tomatoes. Add the dilis, then the beaten eggs and salt. Remove from fire when done.

BURONG HITO

5 hito
Salt
Angkak (2 tbsp.)
4 c. boiled rice

Wash and clean the hito well. Rub with salt. Boil the rice. The fish should be spread widely as in drying. Mix the

rice and angkak, then add the fish. Press the mixture to exclude the air. Pack in covered earthen jars and should be covered tightly. After several days, see if the mixture is ready to be consumed.

SINIGANG NA DALAGANG BUKID

2 dalagang bukid
Kangkong
Sili leaves
3 tomatoes
Bagoong to taste

Clean the fish and slice into pieces. Rub with salt. Boil the water, add bagoong and sliced tomatoes. Later, drop the fish, kangkong and sili leaves. When tender, remove from the fire.

PRITONG DALAGANG BUKID

Clean the fish and slice. Fry in a deep hot fat until golden brown. Serve with tomato sauce or tomato salad.

PAKSIW DALAGANG BUKID

Add enough vinegar and salt, a piece of ginger, to dalagang bukid. Boil until tender. Serve with bagoong or patis.

GINISANG BURO

1 buro fish
1 onion
1 garlic
2 tomatoes
4 tbsp. lard
Salt

Saute the garlic, onion, tomatoes and the buro. Add a little water and salt. When the fish is tender, remove from the fire. This sauce is served with fried or roasted fish and boiled vegetables.

FRIED BURONG TULINGAN

Sliced of tulingan
Sliced tomatoes
Lard just enough to fry

Wash the tulingan. Heat the lard and drop the fish into the frying pan. Fry until it turns golden brown. Serve with sliced tomatoes. Onions are also recommended.

BOILED APAHAP WITH SPANISH SAUCE

1 big apahap or tangigui
2 c. boiling water
1 tsp. salt
4 tbsp. Heinz pure vinegar

Add vinegar and salt to water. Put the whole fish into liquid. Simmer for about 10 minutes. Place it on a hot platter and serve the following sauce:

1 cup cream of tomatoes
1/ tsp. salt
1 1/2 c. water
1/2 c. green pepper
2 tbsp. flour
2 tbsp. pure vinegar

Cook onion and green pepper 10 minutes in butter. Add flour and stir it well. Also add vinegar and water to tomato soup, stirring well and slowly cook for 10 minutes. Serve at once.

SINIGANG MUNAMON (Dilis)

1 cup fresh dilis
2 medium-sized tomatoes, sliced
2 teaspoons salt
1 square-inch ginger, sliced thin
2 cups rice washings or water

Wash the dilis. Heat the water and when it boils, add fish, tomatoes, salt and ginger. Cover and soak it for about five minutes. Serve it hot.

SOPA DE PESCADO

1 c. fish meat
1 c. potato
1 c. milk
Onion
Pepper and salt
3 tbsps. butter
Laurel leaves

Skin the fish and cut it lengthwise. Boil the head and the bones of the fish in the water. Cut lengthwise the potatoes and boil in salted water. When cooked transfer the potatoes and a bowl of cold water immediately. Put butter into frying pan and heat it. Then place the sliced onion. Add the fish and laurel leaves. When done, remove from the pan. In the same frying pan place the potatoes adding the broth of the fish. Add salt to taste. When the potatoes are cooked, add the fish once more. Mix a little flavor, water and a little broth of the chicken. Add a small can of milk before serving. Set the soup, simmer and serve hot.

FISH IN SAUCE TARTARI

1 medium-sized fish
3 medium-sized tomatoes
2 onions
2 tbsp. vinegar
3 tbsp. oil
4 tbsp. water

Place the fish on the pan and on top put mixture of onion and tomatoes. Also pour water, vinegar, oil and a little salt. Simmer the fish. When cooked; put on a platter with a bed of lettuce underneath, then pour the following sauce to top:

1 egg yolk
1 c. oil
1/4 c. vinegar
Lemon juice
1/4 c. sweet pickles
1/4 c. olive
1/4 c. capers

Prepare as for mayonnaise. Other ingredients should all be chopped and added to the mayonnaise. Then pour over the fish and garnish.

FISH CUTLET

7 labajita (4-1/2 wide)
2 tbsps. calamansi juice
1/2 c. grated cheese
Salt and pepper
1 c. bread crumbs
10 tbsps. lard
3 eggs

Season the fish with salt and pepper and soak for 10 minutes in calamansi juice. Beat the yolk and whites of eggs separately till the whites become light and yolks are light and creamy. Mix the yolks and the whites and beat again. Knoll the fish in grated cheese and bread crumbs, dip in well beaten eggs and soak once more to a mixture of cheese and bread crumbs. Fry in a deep hot fat till done. With delicious tomato catsup serve it hot. Service for seven.

STUFFED BANGUS

1 bangus
2 gloves garlic
1/2 onion
Salt and pepper
1/4 c. evaporated milk
1 tsp. lemon juice
1 tsp. tomato or catsup
1/4 c. cheese (grated)
1/2 c. toyo

Scale the fish, slit the back, and remove inside. Wash skin, then soak in toyo. Boil meat in salted water. Remove the

bone and flake the fish. Saute onions and garlic adding fish, tomato ketchup, milk, salt, pepper and lemon juice. Remove from fire. Add eggs and cheese. Stuffed skin, using hard boiled egg and sew up. Dredge with flour and fry.

CHINESE ESCABECHE

1 small apahap
10 Chinese apulid
1/2 c. brown sugar
3 native pepper
1/4 c. pork
5 slices ham
1/2 mushroom
3 med. size potatoes
1/4 c. starch
1/3 c. vinegar

Saute garlic, apulid, mushroom, onion, pork, tomatoes and ham together. When it's done add vinegar. Later add toyo and sugar. Set to boil once. Add to the mixture, starch which has been dissolved in water. When half-cooked, drop the slightly fried fish. Put on a platter and serve hot.

LUMPIA BANGUS

1 1/3 c. flaked bangus (medium size)
1 tsp. salt and pepper
1/3 c. chopped onion
3 tbsp. lard
4 c. raisins (seedless)
lumpia wrapper

Clean the fish and drop in boiling water. Add salt, cover and flake the remaining fish spine, then set aside. Saute in a saucepan the onion but not brown. Add the tomatoes while stirring. Add the fish and season with salt and pepper, allowing it to cook for 5 minutes. Also add raisins to the mixture and wrap in the lumpia wrapper. Fry in deep fat till light brown. The mixture yields 13 lumpia.

SALMON CROQUETTES

1 lb. can salmon (meat and stock)
2 c. rolled bread crumbs (toast)
2 c. mashed potatoes
2 eggs
1 1/2 tsp. salt
1/8 tsp. pepper

Remove bones of salmon and mashed with fork. Add salt, eggs, potatoes and bread crumbs. Thoroughly mix it and form

into croquettes (oblong in shape.) Fry in deep fat turning it but once till it turns golden brown. Drain on paper. Serve especially for 6-8 persons.

MONGO GUISADO WITH SHRIMPS

1 cup mongo
2 spoons lard
1 spoon crushed garlic
1 cup shrimp juice
1 cup peeled shrimps
1/2 cup sliced tomatoes
1 regular sized onion
patis to taste

Wash the mongo and boil in water enough to cook. Prepare the shrimps and the shrimp juice. The onion should be shredded and chopped into pieces. Saute the garlic, onion, tomatoes, shrimps and add patis to taste. Add the mongo together with the shrimp juice as soon as the lard is melted. Stir it well and let it boil. Cover, then remove from the fire.

FISH A LA VINAGRETTA

2 cups water
2 tbsp. Wesson oil
2 tbsp. vinegar
1 large onion
Pepper
2 slices tomato

Clean the fish very well. Wrap it in banana leaves and tie at the ends. Steam in the above ingredients. Drain the fish and unwrap it. Place it on the platter with a bed of clean lettuce. Pour sauce at the sides of the fish.

Mix together: (Sauce)

1-1/2 cup mayonnaise dressing
2 hard-cooked eggs (chopped)
1 sweet red pepper (chopped)
4 green onion leaves (finely cut)
1 ripe tomato (finely cut)

BANGUS WITH VEGETABLES

1 small size bangus
1/2 onion
1 potato
3 small tomatoes
1 1/2 cup sitcharo
shortening
1/2 pound White band
Toyo, pepper and salt to taste

Clean the bangus thoroughly and soak in toyo with pepper. Fry the bangus until golden brown. Also cut the potatoes in cubes and fry. Saute the onions, tomatoes, vegetables

seasoned with salt and pepper together with 1/2 cup of water. Then add 1/2 tablespoon flour and cook until thick. Arrange them nicely on the platter placing the fish at the center place the vegetable on the other side of the fish and fried potatoes on the other. Garnish it with hard-boiled eggs to make it more attractive.

Tagalog Fish Recipes

DAING NA BANGOS

1 bangos
1/2 tasang suka
4 na butil ng bawang
Kaunting paminta
Asin

Hiwaing pahaba sa may dakong likod ang isdang bangos. Huwag aalisin ang kaliskis. Alisan ng hasang at hugasang mabuti. Ibabad ito sa sukang may pinitpit na bawang at durog na paminta na may halong kaunting asin. Iprito ito ng mga ilang oras pagkaraang nababad sa suka, bawang at paminta. Upang mapaabot ng may ilang araw, patuyuin ito sa init ng araw.

PAKSIW NA BANGOS

1 bangos
2 butil na bawang
Kapirasong luya
1/2 tasang suka
Asin

Huwag aalisin ang kaliskis ng bangos. Alisin ang hasang at gilit-gilitin ayon sa nais na laki. Hugasang malinis at iluto sa isang lutuan na kahalo ang pinitpit na luya, bawang, suka at asin. Pakuluan at ininin sa atay-atay na init ng apoy.

GINATAANG BIYA

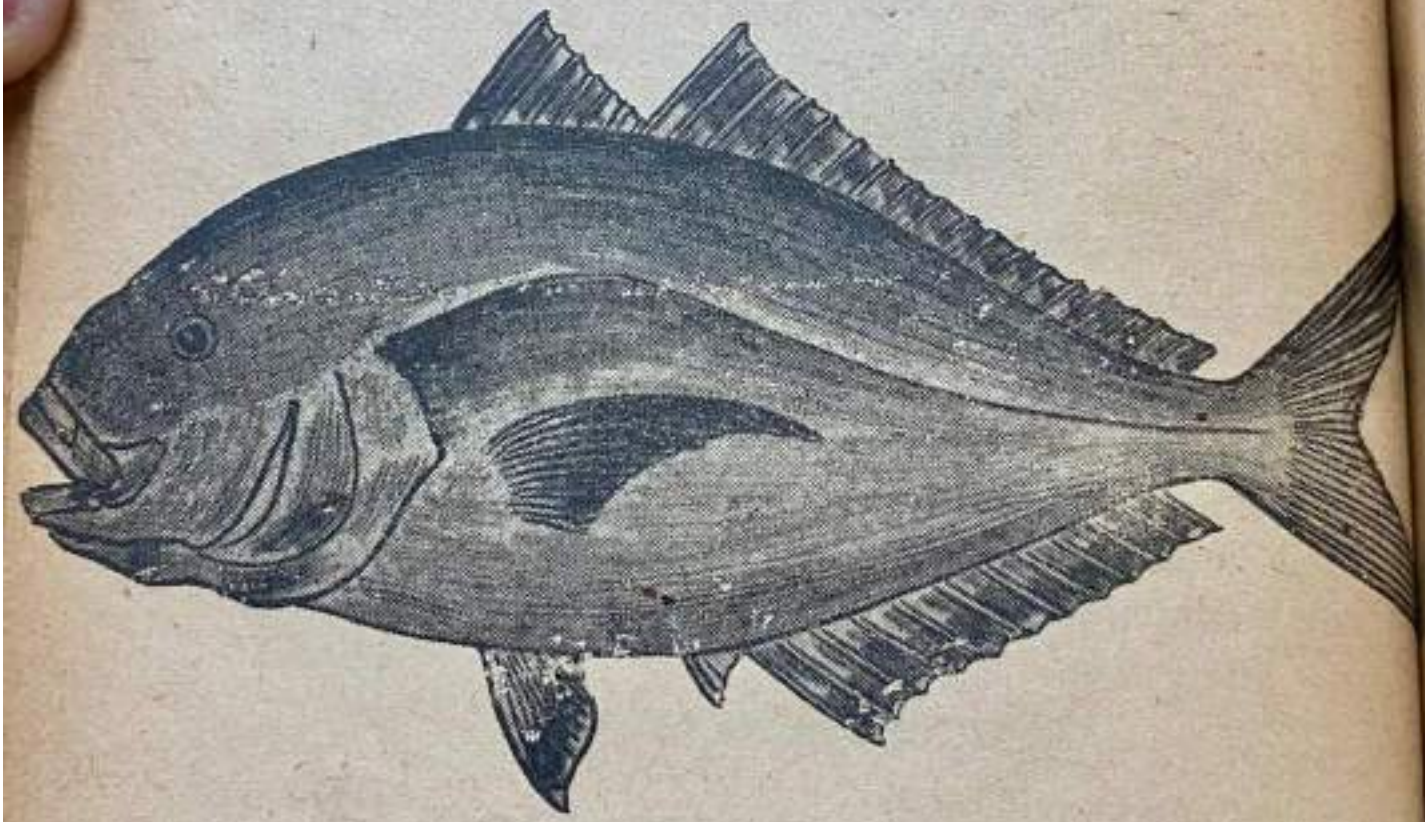
3 isdang biya
1 niyog
Kapirasong luya
1/2 tasang suka
2 butil na bawang
Kaunting asin

Linisin ang biya. Hiwain sa nais na laki, pahilis. Iluto sa isang lutuan na kahalo ang pinitpit na luya, bawang, suka at asin. Pakuluan at ibuhos ang pinigang gata ng niyog. Inin ng atay-atay sa katamtamang apoy.

GINISANG ASUHOS SA DAHONG SILI AT PAPAYANG HILAW

15 asuhos (katamtamang laki)
2 butil na bawang
1 maliit na papayang hilaw
Kaunting dahong sili
Kapirasong luya
1 sibuyas
2 kutsarang mantika
Asin

Alisan ng kaliskis at hasang ang mga asuhos. Alisan ng balat ang luya at hiwain nang maliit. Ganoon din ang gawin sa sibuyas. Pitpitin ang dalawang butil na bawang. Balatan at hiwain nang ayon sa laki ang hilaw na papaya. Hugasan ang dahong sili. Isalang ang isang kawali at lagyan ng mantika. Ihulog ang pinitpit na bawang at kapag tila namumula-mula na, isunod ang sibuyas, luya at papayang hilaw. Pagkasangkutsa nito ay sabawan ayon sa dami ng sabaw na nais. At kapag kumukulo na ay ihulog ang asuhos at dahon ng sili. Timplahan ng asin ang sabaw at ihaing mainit-init pa.



GINISANG TALAKITOK SA MISO AT MUSTASA

1 talakitok na katamtamang laki
2 kutsarang miso
2 kamatis
1 kutsarang mantika
Ilang dahong mustasa
2 butil na bawang
1/2 sibuyas
Asin

Alisan ng hasang at mga palikpik ang isdang talakitok.

Gilitan ito ayon sa nais na laki. Hugasang malinis at asinan nang bahagya. Linisin ang mga dahon ng mustasa at putulin ayon sa nais na lalaki. Hiwaing maliliit ang kamatis at sibuyas. Pitpitin ang bawang. Magsalang ng kawali at lagyan ng mantika. Isunod ang pinitpit na bawang at sibuyas. Kapag namumula na ang bawang at sibuyas ay isunod ang kamatis at miso. Kapag bahagyang lanta na ang kamatis ay ilagay ang isda at dahon ng mustasa at sangkutsahin ang mga ito. Tubigan ayon sa nais na dami ng sabaw. Asinan ayon sa panlasa. Apuyan hanggang sa maluto.

PINIRITONG DALAGANG BUKID

3 isdang dalagang bukid
2 sibuyas
1/3 tasang toyo

Kaliskisan at linising mabuti ang isdang dalagang bukid. Asinan nang katamtaman. Isalang sa kawali at pirituhing kainaman.

Maghiwang pabilog ng dalawang sibuyas. Igisa sa kaunting mantika at pakuluin na kasama ang toyo. Maaaring ibuhos sa piniritong dalagang bukid o gawing sawsawan ng piniritong isda.

TULYANG SINUBUKAN

2 gatang na tulya
2 butil na bawang
1 kutsarang mantika
Kapirasong luya
1 sibuyas

Hugasan ang tulya at tuloy ibabad sa tubig. Isalang ang kawali at lagyan ng mantika. Ihulog ang pinitpit na bawang at kapag mapula-pula na ay isunod ang hiniwang sibuyas at luya. Lagyan ng katamtamang sabaw at pakuluin. Kapag kumukulo na ay ihulog ang tulya at hayaan na kusang bumuka ang mga iyon. Ihain na mainit-init pa.

SARSIADONG ISDA

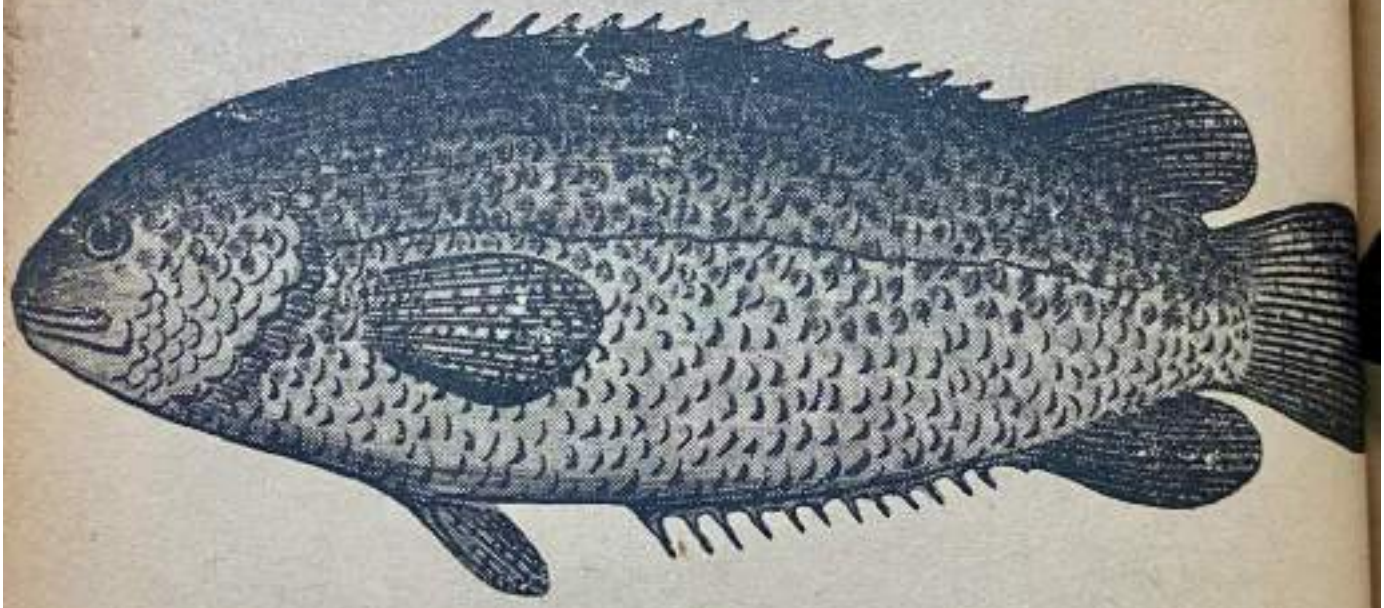
1 malaking bangos
2 butil na bawang
4 na malaking kamatis
1 sibuyas

1/4 na tasang dinurog na biskotso

Asin

Mantika

Alisan ng hasang at kaliskisan ang bangos. Gilitin ayon sa nais na laki. Hiwaing maliliit ang sibuyas at kamatis. Pitpitin ang bawang. Isalang ang kawali at lagyan ng mantika. Papulahin ang bawang at sibuyas. Isunod na ihulog ang kamatis. Kapag lanta na ang kamatis ay isunod ang isda at ito ay sangkutsahin. Pagkatapos ay sabawan ng ayon sa nais at ihulog ang dinurog na biskotso. Pakuluin hanggang sa lumapot at maluto ang isda.



PRITONG MARTINIKO

Ilang isdang Martiniko

Asin

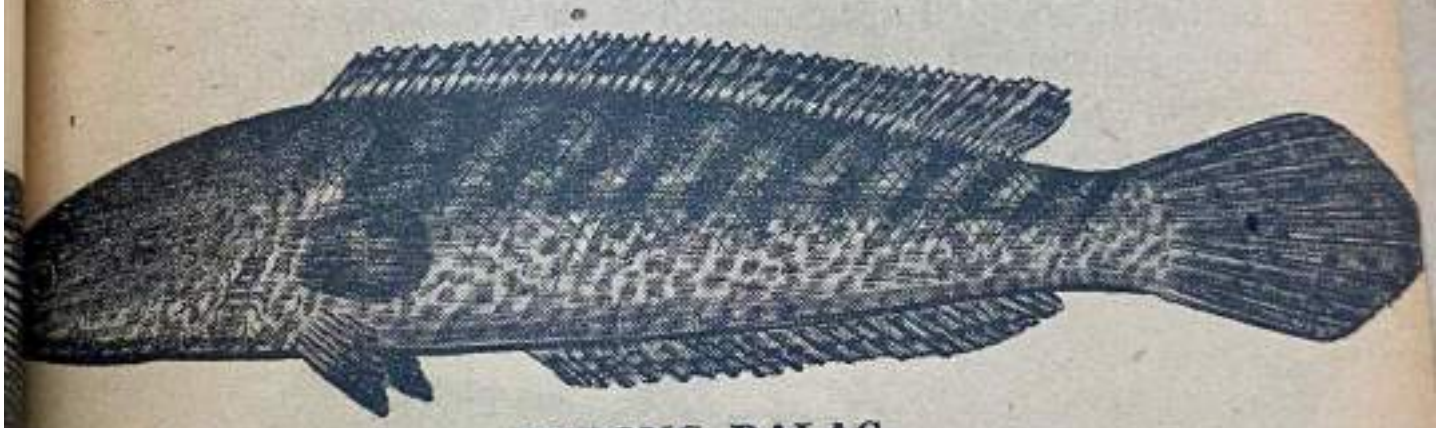
Mantika

Alisan ng hasang at kaliskisan ang mga isdang martiniko. Alisin din ang mga palikpik. Hiwaing pahilis ang mga isda at bahagyang asinan ang mga ito. Magpakulo ng mantika sa kawali at lutuin ang mga isda sa kumukulong mantika. Bilingbilingin hanggang sa mamula-mula sa pagkakaluto. Ihain sa hapag na may sawsawan ayon sa nais na lasa.

BULANGLANG NA DALAG

1 dalag
1/2 kalabasa
1 taling bataw
2 talong
2 ampalaya
Kaunting bagoong
1 taling sitaw
1 taling dahon ng kangkong

Huwag kakaliskisan ang dalag nguni't alisan ito ng hasang. Matapos malinis ay iihaw nguni't huwag masyadong sunugin ang kaliskis. Putul-putulin ng tig-iisang dali ang sitaw, bataw, ampalaya, talong, kalabasa, kankong, at hugasang malinis. Gisahin ang bagoong. Ilutong magkakasama sa katamtamang sabaw ang mga sangkap na gulay. Kapag kumukulo na ay ihulog ang inihaw na dalag. Pakuluan hanggang sa maluto ang mga sangkap. Huwag pabayaang totoong maluto o madurog ang mga gulay.



BURONG DALAG

1 dalag
Lugaw na mala-kanin
Asin

Kaliskisan at alisan ng hasang ang dalag. Biyakin sa may dakong likod upang lumapad. Hugasang malinis at buhusan ng lugaw na mala-kanin. Takpan at iluto ito pagkatapos na makitang ito ay nangangasim-ngasim. Lalong masarap ito kung igigisa sa mantika, bawang, sibuyas at kamatis.

SINIGANG NA BANGOS SA BAYABAS, KANGKONG AT SILI

1 bangos
1 sili (hindi labuyo)
3 bayabas
Talbos ng kangkong o kamote
Asin

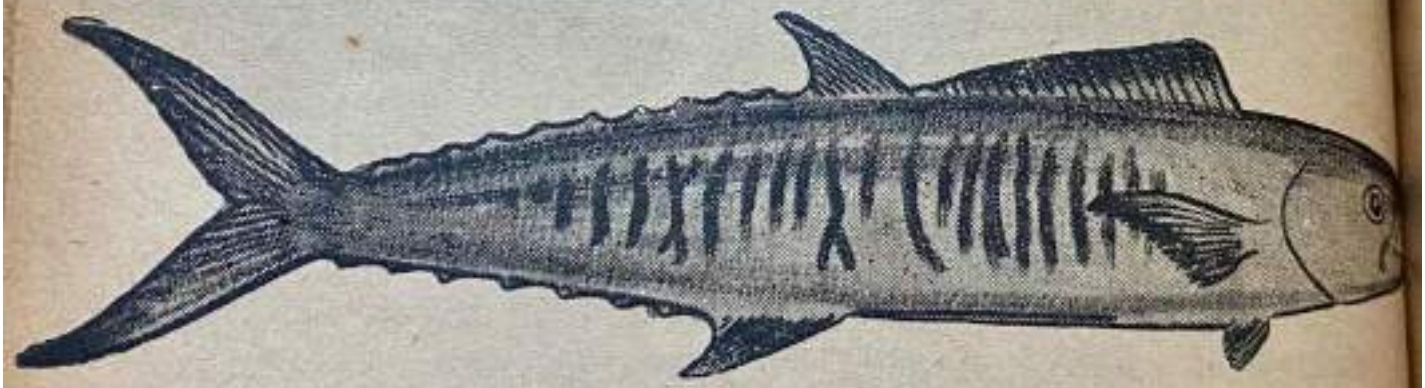
Kaliskisan at alisan ng hasang ang bangos. Paggilit-gilitin

ito ng ayon sa nais na lalaki. Talupan ang bayabas at hiwa-hiwain nang manipis. Piliin ang mga murang dahon ng talbos ng kangkong o kamote. Isalang ang paglulutuan at tubigan ng nais na maging sabaw (lalong masarap ang sabaw-sinaing). Sabay na pakuluan ang bangos at bayabas. Kapag kumukulo na ay ihulog ang talbos ng kangkong at ang sili (huwag bayaang ma-durog ang sili sa sabaw). Gawing atay-atay ang apoy hang-gang sa maluto.

SINIGANG NA HIPON SA KAMATIS, SAMPALOK AT GABI

20 hipon
6 gabi
2 kamatis
2 sampalok

Alisan ng sungot ang mga hipon. Hugasan at asinan. Talupan ang gabi at maunang palambutin sa tubig sinaing na gagawing sabaw. Kapag malambot na ang gabi ay pagsamahing pakuluan ang kamatis at sampalok. Isunod na ihulog ang mga hipon. Durugin ang mga kamatis at sampalok at timplahin ang lasa ng sabaw na nag-aagaw ang asim at alat. Lutuin sa atay-atay na init ng apoy.



PAKSIW NA TANGUINGI

Ilang isdang Tanguingi
Suka
Luya
Asin

Alisin ang hasang at putulin ayon sa nais na laki. Linising mabuti at isalang sa isang lutuan na may kaunting pinaghalong tubig at suka. Lagyan ng kapirasong dinikdik o hiniwang maliit na luya at timplahan ng asin ayon sa nais na lasa. Matapos na kumulo ay lutuin sa atay-atay na apoy.

PINANGAT NA AYUNGIN SA SAMPALOK

15 Ayungin (katamtamang laki)
4 na sampalok
Asin

Alisan ng hasang ang mga isdang ayungin. Isalang ang paglulutuan at lagyan ng katamtamang tubig na magiging sabaw. Hugasan ang sampalok na pang-asim at pagsabayin iluto. Kapag kumukulo na at malambot na ang sampalok, durugin ito at timplahan ng katamtamang asin ang sabaw. Hinaan ang gatong hanggang sa maluto ang isda.

PINANGAT NA DILIS SA KAMATIS

30 dilis (hindi kaliitan)
3 kamatis
Asin

Alisan ng ulo ang mga dilis at hugasang malinis. Hugasang malinis ang mga kamatis at hiwain sa gitna. Ilagay sa isang paglulutuan ang dilis at kamatis at sabawan ng katammang dami ng tubig. Matapos na kumulo ay hinaan ang gatong hanggang sa maluto ang mga dilis. Upang lalong sumarap ay lagyan ng dalawang kutsarang mantika.

PINANGAT NA SAPSAP SA KALAMANSI

20 sapsap (katamtamang laki)
3 kalamansi
Asin

Alisin ang laway-laway o lansa ng sariwang sapsap sa pamamagitan ng asin. Alisin ang hasang ng mga sapsap at hugasang malinis. Magsalang ng palayok o anumang paglulutuan at tantiyahin ang tubig na gagawing pinakasabaw. Hatiin sa gitna ang mga kalamansi at katasin sa tubig na nasa lutuan. Pakuluan ito at pagkatapos ay ihulog sa kumukulong sabaw ng sapsap at hinaan ang gatong ng apoy.

GINISANG KANDULI SA MISO AT MUSTASA

1 kanduli (katamtamang laki)
2 kamatis
2 butil na bawang
6 na dahong buro o sariwang mustasa
1 sibuyas
2 sampalok
3 kutsarang miso
2 kutsarang mantika
Asin

Alisin ang lansa ng kanduli sa pamamagitan ng abo at pagkatapos ay haplusan ng asin. Alisan ng hasang at mga palikpik. Hugasan at gilitin ayon sa nais na laki at asinan ng bahagya. Hiwaing maliliit ang sibuyas at kamatis at pitpitin ang bawang. Magsalang ng kawali at lagyan ng kaunting mantika. Isunod ang bawang, ang sibuyas, ang kamatis at ang mansó. Sangkutsahin ang mga ito sa kaunting sabaw kasama ang kanduli at mustasa. Ihulog ang sampalok. Kapag malambot na ang sampalok ay durugin ito sa nais na dami ng sabaw. Timplahin agad ang asim at alat ng sabaw. Ihain na mainit-init pa.

PINANGAT NA TALIMUSAK

2 dalawang tasang talimusak
3 katamtamang laki ng kamatis o sampalok
Asin

Budburan ng katamtamang asin ang mga maliliit na isdang talimusak at haluin upang sumama sa asin ang lansa. Hugasang malinis ang mga isda at ilagay sa isang paglulutuan na may kaunting tubig na siyang pinakasabaw at hugasan ang sampalok at ilagay sa ibabaw ng isda. Kung kamatis ang napiling panahog ay biyakin ang mga ito sa gitna at saka ilagay sa ibabaw ng isda. Kapag kumukulo na ang tubig ay durugin ang sampalok ayon sa nais na asim. Gawing atay-atay ang gatong hanggang sa maluto.

SINIGANG NA HITO SA KAMATIS, USBONG NG SAMPALOK AT PUSO NG SAGING O HILAW NA SAGING

1 malaking isdang hito
2 hilaw na saging o isang maliit na puso ng saging.
2 kamatis
Kaunting usbong ng sampalok
Kaunting asin

Pagulungin sa kaunting abo ang hito upang maalis ang lansa at ang tibo. Alisin din ang hasang at gilit-gilitin ayon sa laking nais. Ang puso ng saging ay hiwain sa apat na bahagi o kung bunga naman ng hilaw na saging ay hiwaing pabilug-bilog. Isalang ang paglulutuan at unang pakuluan ang kamatis at usbong ng sampalok. Kapag kumulo na ay isunod na ihulog ang hiniwang puso ng saging at ang hito. Katasin ang kamatis at usbong ng sampalok. Timplahin sa asin ang sabaw at muling pakuluan hanggang sa mahusto ang pagkakaluto ng hito.

Recipes on Baked or Chilled Fish

FISH FILLETS

2 pounds fish fillets
1 slice onion
2 cups of water
1 cup wine
1 tablespoon butter
Small amount of thyme, parsley, salt and pepper
1 tablespoon flour

Clean two soles and fillets and sprinkle with salt and pepper. Boil the bones and heads of the fish for about 30 minutes in 2 cups of water, 1 sliced onion, 1 tablespoon butter, 1 cup of wine and a small amount of parsley, thyme, salt and pepper. Strain the soup.

Bake the fillets for 30 minutes in a pan with 2 tablespoons butter and 1 cup of soup. Drain carefully and put the fillets on the platter, then add the drippings to the soup.

Mix one tablespoon of flour to a tablespoon of butter. Then gradually add all the soup, constantly stirring it. Boil until thick. Cool and add well beaten yolks of 2 eggs, 2 tablespoons of butter and cook again for 10 minutes. Pour this on the fillets and garnish with half moon slices of bread dipped in lightly beaten eggs, then in bread crumbs. Then fry until crisp and ready to serve.

FISH HASH

4 slices bacon
3 cups cooked fish, flaked
3 cups boiled potatoes diced
2 tablespoons onion diced

Crisp the bacon in a hot skillet, mix all the ingredients and place them in the frying pan with drippings. It should be fried like an omelet. Place the crisp bacon on top and then serve.

FISH MOUSSE

2 pounds fish fillets
1 cup chicken broth
2 teaspoons salt
1/4 teaspoon paprika
1 tablespoon gelatin
1/4 cup cold water
3 egg yolks
1 bunch water cress
1 tablespoon horse radish
2 tablespoons lemon juice
1 teaspoon Worcestershire sauce
1 cup evaporated milk or heavy cream

Steam or simmer the fish till tender then chill it and flake coarsely with a fork.

The chicken broth should be combined with beaten egg yolks, salt and paprika in the top of a double boiler. Cook over hot water, constantly stirring it till thick and smooth.

Soften the gelatin meanwhile in cold water for 5 minutes. Then dissolve in the hot mixture and let it cool.

Add the fish, finely chopped water cress stems, horseradish, lemon juice and Worcestershire sauce.

Chill the evaporated milk in the refrigerator tray until ice-chilled; whip and fold it right away into the fish mixture. Pour into a lightly oiled fish mold.

Unmold on a serving platter and garnish it with short sprays of water cress tied into boquets. With salad dressing it will be more delicious of course.

FISH PIE

1 1/2 pounds fish fillets
2 1/2 teaspoons peppercorns
1 teaspoon salt
2 hard-cooked eggs sliced
2 tablespoons flour
2 tablespoons chopped green pepper
4 tablespoons flour
2 tablespoons lemon juice
2 slices onions
1 bay leaf
1 cup cooked, diced carrots
4 tablespoons shortening
1 cup chopped onion
1 cup milk
1/2 teaspoon salt
1 recipe bran pastry

Poach or simmer fish for about 20 minutes in boiling water. Add salt, peppercorns, bay leaf and onion slices. Drain the fish and flakes coarsely and reserve the liquid. Arrange well the fish, eggs and carrots in a greased casserole. Then heat the shortening, and also add onion, green pepper and cook it

slowly, stirring constantly until thick. Then add seasoning, Worcestershire sauce and lemon juice. Pour in the casserole all the ingredients and top it with bran pastry and bake for about 30 minutes in a hot oven 45° F.

FISH PUDDING

1 cup brown rice
1 teaspoon sugar
2 egg yolks
1/4 cup cracker crumbs
1/8 tablespoon black pepper
3 cups milk
2 tablespoons butter, melted
2-7 oz. cans flaked fish
2 tablespoons margarine

Wash rice well in warm water, soak for 10 minutes and drain it. Place the rice and milk in a double boiler to cook until tender. Put the rice into a bowl, cool a little, then add sugar, melted margarine, pepper, egg yolks, flaked fish and seasonings. Mix and place in baking dish, then sprinkle cracker crumbs dotted with margarine. Bake until brown in a moderate oven.

FISH WITH ITALIAN SAUCE

1 fish either boiled or steamed
2 tablespoons minced onions
1/2 cup chopped pimiento
3/4 cup grated cheese
1 1/2 cups tomato juice
2 tablespoons flour
2 tablespoons butter
2 teaspoons salt
1 cup stock
1/8 teaspoon pepper

Saute onion in butter until it become brown, add flour and blend well. Also add tomato juice, seasoning and pimiento. Simmer and add cheese, stock; boil once more and serve over the fish.

FISH STEAK, CUCUMBER SAUCE

3 fish steaks (1-inch thick)
1 teaspoon salt
1 tablespoon lemon juice
2 tablespoons parsley, cut
2 sweet onions, chopped
1/2 teaspoon pepper
1 egg yolk, beaten
3 tablespoons butter or margarine

Sauce:

3 cucumbers, ground
1 teaspoon wine vinegar
1/8 teaspoon onion powder
1 green pepper, ground
1 teaspoon salt
3 tablespoons evaporated milk

Wash and dry the fish steaks and cut into serving pieces. Grease the roasting pan and sprinkle with onion powder, half parsley, pepper and salt. Brush the egg yolk over the steaks and lay them in the pan. Half of the seasoning should be sprinkled over them. Bake about 30 minutes in a moderate oven 375 deg. F. Chill the cucumbers and remove all the seeds and grind them, adding seasoning and green pepper. Mix the mixture slowly with milk. Serve it in bowl with fish.

OVEN-FRIED FISH

1 1/2 fish fillets fresh or frozen
1 teaspoon salt
3/4 cup milk or water
3/4 cup bread crumbs
3 tablespoons fat, melted

Cut fillets into serving size portions and add salt to the milk and mix thoroughly. Dip the fish in the milk and roll in crumbs and place in a greased baking pan. Sprinkle each with melted fat and bake for 10-20 minutes in hot oven 500° F, while 30 minutes when baked in moderate oven. Bake it until it becomes golden brown.

SALMON PATTIES

1 tin salmon
1 1/2 cups mashed potatoes
1/4 cup onion minced
3/4 teaspoon salt
1/8 teaspoon pepper
1/4 cup shortening

Blend salmon, onion, potatoes, pepper and salt mixing them very well. Form them into 3-inch patties about 1/2 inch thick. Dip in flour and fry them in hot lard for 5 minutes in the skillet. Fry them till they turn nice golden brown and ready to serve.

SEA GOING FISH PIE

1/2 cup cooked white fish
1 onion, scraped
2 cups cooked mashed potatoes
2 tablespoons green pepper, minced
1/2 cup bread crumbs
Dry celery leaves
Salt and pepper to taste
1 cup white sauce

Flake and bone the cooked fish, season and put the scraped onions over the top. Mix and add potatoes, egg, and green pepper. Also soak the crumbs of bread in milk, and squeeze dry. Stir the mixture and dry bread crumbs. Spread the layer of mixture over the pie plate, greased with butter and sift over this layer, celery leaves. Add another layer, finishing the top with bread crumbs and dots of butter. Pour on top the cup of white sauce. Heat through and cook until brown. The celery leaves should be rubbed fine to make the appearance of the pie attractive and appetizing to look at.

FRIED SKATE RAY

3 1/2 pounds chunk of skate wing
Vinegar court bouillon
Flour seasoned with salt
Pepper and nutmeg
4 tablespoons butter or margarine

Simmer a mixture of 1 cup vinegar, 2 quarts cold water, 2 small sliced carrots, 1 tablespoon salt, 1 large size onion, 2 bay leaves, 2 cloves, a dozen pepper corns and 1 teaspoon thyme for 30 minutes.

This is done in case no vinegar court bouillon can be obtained. Strain the liquid off. Cut the skate into the desired serving. Simmer the fish in a quart of the court buiilion for about 15 minutes. Dry thoroughly and roll the pieces in the seasoned flour. Fry them in hot butter until they turn golden brown. Extra care should be made in turning to avoid them from falling apart.

BAKED FISH IN GREEN PEPPER

1 cup cooked fish flaked
1 cup bread crumbs
2-4 tablespoons milk
1 tablespoon onion juice
1 tablespoon chopped parsley
1 tablespoon lemon juice
Salt and pepper to taste
6-8 large green peppers

Mix the fish and bread crumbs with enough milk just to cause the fish and bread to cling together. Add the onion juice, lemon juice, parsley, pepper and salt; then thoroughly mix them together. The tops of the green peppers should be cut off and remove the seeds and the core. Stuff the peppers loosely with bread crumbs. Bake for about 30 minutes in an oven of 350° F.

TUNA CUTLETS

1 7-ounce can tuna
2 tablespoons fat
4 tablespoons flour
1/2 cup of milk
2 tablespoons chopped parsley or green pepper
1 slightly beaten egg
Cracker crumbs
1 tablespoon lemon juice
1 teaspoon salt
1/4 teaspoon white pepper
1 1/2 cups soft white bread
Fat for frying

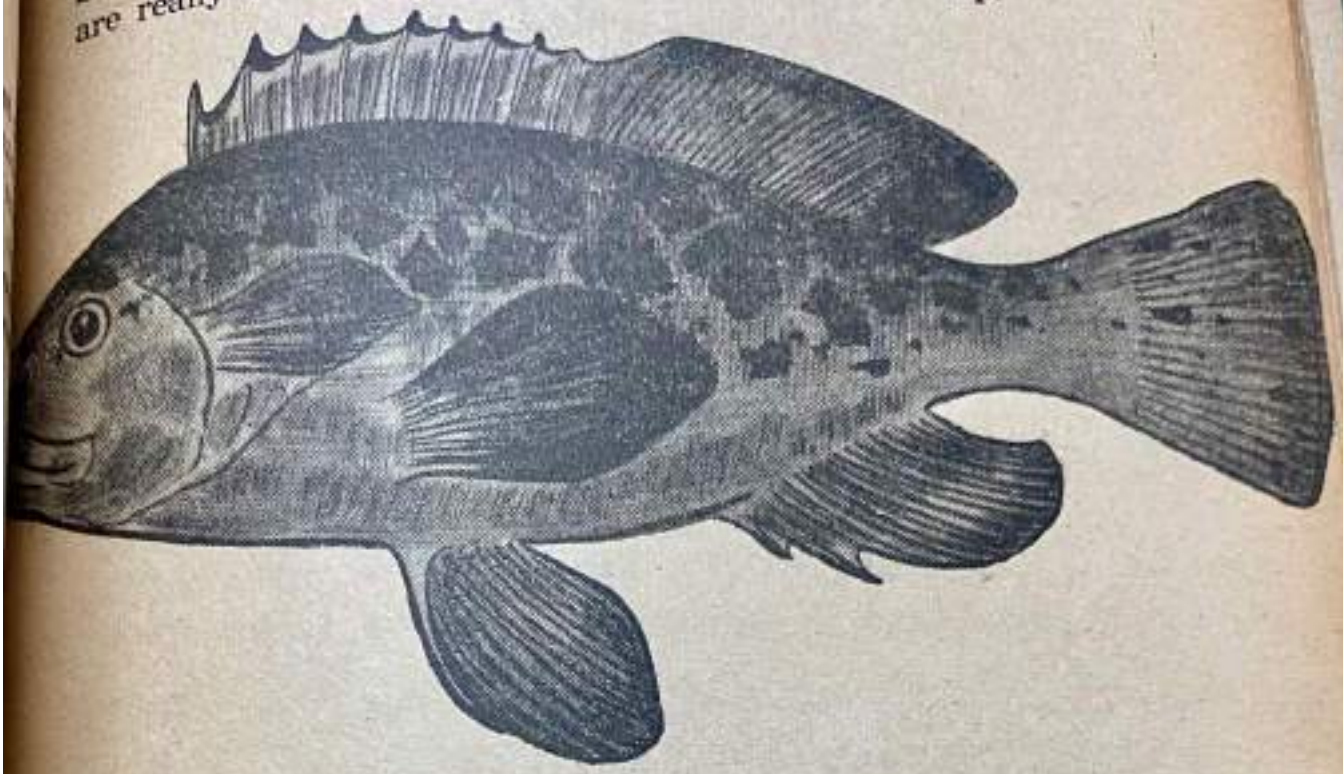
Separate tuna into flakes. Melt the fat and add flour to blend. Cook and add milk till very thick constantly stirring it; later remove it from the heat. Add the remaining ingredients to the tuna mixing it very well. Form the mixture into cutlets and refrigerate about 2 hours. Dip in eggs then in crumbs. Fry in the hot fat until golden brown. Garnish it beautifully with tiny tomatoes or tomato slices and lemon wedges. It is best served with your favorite fish sauce.

SALMON POT PIE

4 tablespoons butter
2 tablespoons minced onion
6 tablespoons flour
1 cup milk
1 cup water
2 cups or 1 tall can salmon
1 1/2 teaspoons salt
1 teaspoon lemon juice
3/4 teaspoon paprika
1 cup diced cooked celery or pechay
1 cup cooked or canned peas

Saute the onion in the butter for 2 minutes. Blend in the flour, milk, water and juice from the canned salmon. Add the rest of the ingredients when the mixture becomes thick and smooth including the broken up pieces of salmon. It is better to cover the surface of the pie with the light biscuit dough and cook the mixture for 25 minutes in an oven of 400° F.

Cook over a low flame, stirring it constantly for 15 minutes. Serve this in a deep dish with toasted and buttered bread. They are really beautiful in fancy shapes, floating on top.



BAKED LAPU-LAPU

3 pounds lapu-lapu
Salt and cayenne pepper
2 tablespoons butter or margarine
3 tablespoons minced parsley
2 small minced onions
1 large green, chopped fine
1 large celery stalk, chopped fine
1 clove garlic, minced
2 cups tomato puree
2 bay leaves

Dress the fish but leave the head and tail on. Cut a letter S in the skin of both sides, then rub the fish thoroughly, in and out with cayenne pepper and salt. Mix the bulk of the parsley with paste and butter inside the fish. Lay it on its side in a buttered baking dish.

Mix the rest of the parsley, onion, garlic and green peppers. Spread them over the top of the fish. Pour the puree on the outside with the bay leaves. Dot the fish with butter and bake it in a medium oven of about 350° F. for 30 minutes. Place it on a hot platter carefully and strain the pan contents over it when it's ready to serve. Stuff with olive the uppermost eye of the fish if need be.

Appetizing Sauces for Fish

BERCY SAUCE (Hot Fish)

1 tablespoon finely chopped onion
2 tablespoons butter or margarine
1 wineglass white wine
1 teaspoon chopped parsley
1/2 cup fish stock
1/2 cup white sauce made by using 3 tablespoons butter and flour per cup of milk or cream

Fry the onion in the butter then add wine, stock and white sauce. Boil it and simmer it a few minutes. Add the chopped parsley together with a little butter just before serving time.

BECHAMEL FISH SAUCE

1 pint fish stock
1 pint milk
1/2 medium onion, minced fine
4 tablespoons butter or margarine
1/2 cup flour

Bring the mixture of the fish stock and milk to a boil. Saute the onion in the butter until transparent. Blend gradually the flour into the fat until smooth. Then stir in the liquid slowly. To obtain a thick mixture more flour should be used.

CAPER SAUCE (Boiled Fish)

3 tablespoons butter
1 1/2 tablespoon flour
2/3 cup hot water
1/2 teaspoon lemon juice
1/2 cup washed and drained capers

Melt half the butter and blend with the flour. Stir in gradually the hot water and boil for about 5 minutes. Lemon juice should be added and the rest of butter, followed by the capers.

CREOLE SAUCE

1/2 cup finely sliced onions
1/2 cup finely diced green pepper without seeds or pith
4 tablespoons butter or margarine
18 pitted green olives, sliced
1 cup strained fish stock
2 cups stewed or canned tomatoes
2 teaspoons salt (or less)
1/4 teaspoon black pepper

1/2 cups sliced mushrooms
1/8 teaspoon thyme
1 bay leaf

Prepare the frying pan then saute the onions and peppers in the butter for about 5 minutes. Then add the mushrooms and olives for another five minutes. Pour in the fish stock and also the finely chopped tomatoes. Add some seasonings of peppers, salt, thyme and bay leaf. Simmer for about 20-30 minutes.

CURRY SAUCE

1 finely chopped small onion
1 sliced small carrot
2 tablespoons butter or margarine
1 sprig parsley, minced
1 tablespoon curry powder
1 bouillon cube
1 cup fish stock
1 teaspoon cornstarch
3 tablespoons cream evaporated milk

Cook the onion and carrot for 5 minutes in the butter. Add the parsley bouillon cube and fish stock and bring to a boil. Dissolve the cornstarch in the cream and strain the solid materials out of the broth. Then add to the liquid the cream. Boil and add the curry powder mixed with little cold fish stock. Simmer for 10 minutes and season to taste. Stir in a tablespoon of butter when it is about to be served.

DRAWN BUTTER SAUCE

6 tablespoons melted butter
3 tablespoons flour
1 1/2 cups hot water
1/2 teaspoon salt and pepper (to taste)
1 teaspoon lemon juice

Melt half of the butter and blend it with flour. Stir in gradually the hot water and season it with salt and pepper. Boil for 5 minutes, then stir the rest with butter bit by bit. Lemon juice will surely make the flavor taste wonderful.

HOLLANDAISE SAUCE

1/4 pound butter
4 egg yolks
2 teaspoons lemon juice
1/8 teaspoon white pepper
1/4 teaspoon salt.

Fill the lower part of a double boiler with hot water. Place 1/3 of the butter in the upper part of the double boiler with the eggs and stir it rapidly. When the butter is melted add another third until all is completely melted and take it out of the water stirring it a minute longer. Season it and add lemon juice. Place it again over the hot water vigorously beating it.

HORSERADISH TOMATO SAUCE (Cold White Fish)

4 tablespoons freshly grated horseradish
4 tablespoons vinegar
Salt and pepper
4 tablespoons tomato catsup

Mix the horseradish and vinegar. (Vinegar is not necessary if the horseradish is bottled.) Stir in the catsup.

LEMON BUTTER SAUCE (Boiled and Broiled Fish)

1/4 cup soft butter
1 tablespoon strained lemon juice

Cream the juice into the butter until creamy soft. Use it when very soft.

MAITRE D'HOTEL BUTTER SAUCE (Broiled Fish)

5 tablespoons butter
1 teaspoon finely chopped parsley
Salt and pepper (to taste)
1 teaspoon strained lemon juice

Try to soften the butter and mix slightly with parsley. Mix it with pepper, lemon juice and salt.

MUSTARD SAUCE (Boiled and Broiled Dark Fish)

1 cup drawn buttter sauce
1 tablespoon prepared mustard
A few taragon leaves, finely chopped

Mix all the above ingredients very well and keep hot. Don't boil.

RAVIGOTE SAUCE (Cold Fish)

Sieved yolks of 3 hard-cooked eggs
2 raw egg yolks
1/8 teaspoon paprika
1/8 teaspoon dry mustard
1/2 teaspoon granulated sugar
1 teaspoon finely minced onion
2/3 cup mayonnaise

Mix the sieved cooked egg yolks with the raw ones. Fold in the mayonnaise with onions and season it, ready to serve.

SHRIMP SAUCE (Boiled, Fried or Broiled Fish)

1 drawn butter sauce
1 egg yolk
1/3 cup cooked and cleaned shrimp, cut in small pieces

Mix all the ingredients together.

SPANISH SAUCE (Broiled or Fried Fish)

6 tablespoons butter and flour blended
1 cup scalded milk
Nutmeg, salt, pepper and cayenne (to taste)
1/2 cup pimiento puree

Melt the mixture of butter and stir in gradually the milk. Stir in the pimiento puree obtained by forcing canned pimientos through a fine sieve and season it well.

SWISS SAUCE (Cold Fish)

2/3 cup heavy tomato puree
1/3 cup stiff mayonnaise
Juice of 1 small lemon
Salt, pepper and cayenne to taste)
1 teaspoon grated lemon rind

Mix the mayonnaise and puree together. Add the seasonings, lemon juice and lemon rind. Mix them very well.

TARTAR SAUCE (Hot Sauce for Hot Fish)

1/2 cup very hot white sauce
2/3 cup mayonnaise
1 teaspoon finely chopped capers
Salt and pepper (to taste)
1 teaspoon finely chopped sweet pickles
1/2 teaspoon chopped olives
1 teaspoon finely chopped parsley
1/2 teaspoon heated vinegar (tarragon preferred)

Mix all the ingredients stated except vinegar that should be added just before serving. Of course the flavor is improved by it.

TARTAR SAUCE (Cold Sauce for Hot or Cold Fish)

1 cup mayonnaise or salad dressing
1-2 tablespoons chopped sweet pickles
1 tablespoon chopped parsley (optional)
1-2 tablespoons chopped olives
1-2 teaspoons onion juice or grated onion

Mix all the ingredients well and chill it before serving.

WEST INDIAN FISH SAUCE

4 tablespoons mayonnaise
1 tablespoon tomato catsup
1 tablespoon chopped olives
Juice of one lime
2 teaspoons finely chopped onion
1 tablespoon chopped sweet pickles
1 teaspoon chopped green pepper

Everything should be mixed together and should be served cold.

VINEGAR COURT — Bouillon

2/3 cup vinegar
2 quarts cold water
1 tablespoon salt
2 small carrots, sliced thin
2 medium onions, sliced thin
1 dozen bruised pepper corns
2 dozen whole cloves
2 large bay leaves
4-5 leaves of thyme

Mix all the above mixture and bring to a boil. Simmer for about 30 minutes. Rub and strain as much of the material through the sieve. It's indeed nice to serve with fish.

FISH STOCK

1 quart cold water
1 tablespoon salt
2 small carrots
2 small onions
4 - 5 leaves of thyme
1 bay leaf
2 - 3 celery leaves
1 pound fish trimmings, head bones, etc.

Bring the mixture to a boil and simmer it for about 30 minutes to one hour. Strain through a fine cloth or a cheese cloth.

WHITE SAUCE

1 tablespoon butter
1 tablespoon flour
1 cup hot milk
1/4 teaspoon salt
Few grains of pepper

Melt the butter; gradually blend in the seasonings and flour. When such mixture is smooth, add gradually the hot milk while stirring. Boil it for a couple of minutes. If you desire to have a thicker sauce add the amount of flour and butter to an equal proportion.

GARLIC SAUCE (For Cold Fish)

2 or more cloves of garlic ground to a paste
Yolk of 1 egg
1 teaspoon lemon juice
6-7 tablespoons olive or other salad oil
A little cold water
Salt and pepper to taste

Add the egg to the garlic paste and slowly blend the oil, lemon juice and water while vigorously stirring. Add pepper and salt as a seasoning. The taste of the sauce depends on the number of garlic cloves added.

HOLLANDAISE SAUCE (Antoine's New Orleans)

1 cup clarified butter
2 tablespoons tarragon vinegar
1 tablespoon water
1 tablespoon minced onion
3 peppercorns
4 egg yolks
Juice of 1/4 lemon

Slowly melt the butter and let it stand until it's very clean. Place in a saucepan of water, vinegar, onion and peppercorns. Fry to reduce the liquid by cooking it in a very low heat. Cool and remove the peppercorns. Beat the egg yolks slightly and add to the mixture. Also add gradually the melted butter beating constantly and pour the lemon juice; then immediately serve.

DELICIOUS FISH SALADS

TUNA SALAD

1/2 pound can tuna (5-1/2 ounces drained weight)
2 tablespoons finely chopped onion
2 tablespoons finely chopped celery
1 tablespoon finely chopped olives
2 tablespoons finely chopped sweet pickles
3 - 4 tablespoons mayonnaise
1 tablespoon lemon juice
Salt and pepper (to taste)
Paprika
Toasted, buttered bread

Flake the tuna and mix with the onion, olives, celery, pickles, mayonnaise, vinegar or lemon juice together with the seasoning salt and pepper. Cut to desired slices from the crust of a loaf of bread. Butter them on both sides bake them till crisp and lightly brown in an oven. Fry to cover one surface of each with a mound of tuna salad, then dust with paprika. To be more economical olives and pickles can be omitted.

SALMON SALAD

1/2 cup salmon
1 tablespoon chopped celery or shredded cabbage
mayonnaise dressing
1 small chopped sweet pickle

Drain oil from salmon, remove all pieces of bones and skin. Place it on a bed of shredded lettuce. Add cabbage and pickle together with celery. Carefully mix it with fork. Garnish with hard-boiled egg to make it beautiful and attractive.

SALMON MOUSSE

1 tablespoon gelatin
1/4 cup cold water
1/2 cup mayonnaise
—
1/2 cup chopped celery
1 pound canned salmon (about 2 cups flakes)

Sprinkle the gelatin over cold water and dissolve the gelatin in a bowl of hot water. Stir it into the mayonnaise and chill it till it congeals. Then add the flaked and drained salmon, celery

and a little salt if desired. Whip the cream and fold it in. Pour into a rinsed pan and chill in the refrigerator until firm. Place it on a large salad plate. Slice and serve, garnished with thinly sliced cucumbers, and salad greens. This is good only for six servings.

FISH SALAD

1 lb. salmon
1 cup chop celery stalks
1 spoonful of mayonnaise
Lettuce leaves in cup shapes

Remove the bones from 1 pound salmon and pick the fish into flakes. Then put it in a cold place. When it is ready to serve chop 1 cup of celery stalks and add to the fish. Arrange nicely the cup shapes of crisp lettuce leaves on a platter, and lay a mixture of 1 cupful to each cup and pour a spoonful of mayonnaise to improve the flavor.

SALMON SALAD ASPIC

1 No. 2 can del Monte peas
Early peas garden
1 No. 1 can del Monte salmon
4 tablespoons unflavored gelatin
2 bouillon cubes
1/2 C. cold water
3 tablespoons lemon juice
1/2 tablespoon salt
1/2 tablespoon Worcestershire sauce
1 tablespoon grated onion

Open peas and salmon; drain. Soften the gelatin in cold water. Make bouillon of cubes in hot water. Stir the softened gelatin until dissolved and add seasonings. Chill till the mixture is of a syrupy consistency. Break the salmon removing the skin and bones with the fork. Arrange the fish and peas in alternating layers in a 5-cup loaf pan, decorating it with desired pimiento strips. It's of course delicious when served with tart mayonnaise, deviled eggs and other garnishes. Serves 6 to 8 persons.

SARDINE SALAD PLATTER

1 can sardines
4 hard-cooked eggs
1/2 teaspoon salt
Dash of pepper
1 teaspoon celery seed
1 teaspoon Worcestershire Sauce
6 tablespoons salad oil

4 cups shredded lettuce
1 cup sliced celery
5 tbsp. vinegar
parsley
2 tablespoons chopped lettuce leaves
2 tablespoons chopped green onion

Drain the sardines and reserve the oil. Combine with sardine oil 1 mashed egg yolk. Add oil, vinegar, parsley, green onions, lettuce leaves shaped like cups on plate. Combine shredded celery, lettuce and arrange nicely over the lettuce cups. Arrange also the remaining 3 eggs sliced with the sardines.

CURRIED FISH

2 tablespoons butter
1 tablespoon flour
1 teaspoon curry powder
1/2 teaspoon salt
1 1/2 cups milk
1/4 teaspoon salt

Mix the butter and add all the flour. Add gradually the boiling water, stirring constantly over hot water until the sauce comes to the boiling point. Simmer it until thick and smooth. Add salt and the remaining butter in small bits when it is ready to serve, beating it constantly.

FISH WITH PICKLE SAUCE

1 whole fish
1/2 cup sweet pickles cut into strips
1 cup onions cut in shoe strings
1/2 cup vinegar
1/2 cup green onion, chopped
2 fresh tomatoes cut into strips
1 cut fish stock
1 teaspoon dry mustard
2 teaspoons salt
1 teaspoon butter
1 teaspoon flour
1 teaspoon pepper

Clean the fish and place it in a pan, cover with water. Add 2 teaspoons of salt, slices of tomatoes, 2 tablespoons vinegar, slices of onion. Boil until the fish is done and later transfer it to the platter.

Melt the butter in a saucepan and add flour until it's well blended. Add salt, pepper, in a cup of fish stock and vinegar. Cook it for a few minutes. Then add the pickles, onions, tomatoes, mustard and green onion to the mixture. Pour over the fish. It's nice when served hot.

FISH WITH MAYONNAISE (Viand)

1 Lapu-lapu
Big shrimps
Mamali or talakitok
6 pieces of asparagus
Kinchay or young onion
Lettuce for bedding

For Making Sauce

a. 4 tbsp. vinegar of pickle
b. 1 tbsp. cheese grated
c. 1 tbsp. butter
d. 1 tbsp. vetsin

For Decoration

2 boiled eggs chopped fine
1 carrot
10 pieces pickles

Clean the fish and fry it a little. Arrange on platter with lettuce for the bedding. Pour the mixture of mayonnaise. Arrange the decoration beautifully on top of the fish placing it alternately. The celery and asparagus should be placed on the mouth of the fish.

SHRIMP BUTTER

3/4 c. shrimps (cooked)
2 tbsp. lemon juice
1/2 cup butter

Clean the shrimps. Pound to a paste of wooden bowl. Cream butter until it is very smooth. Mix thoroughly and add shrimp paste and lemon juice making a mixture of 1 1/4 cup.

SHRIMP ORANGE SALAD

7 oz. can shrimps
1 c. diced celery
1 tsp. minced onion
3 large oranges (sectioned)
Mayonnaise

Remove black lines from shrimps, chill. Combine shrimps, onion, celery and sectioned oranges. To the mixture add mayonnaise. It's indeed nice when served in crisp lettuce cups. Serves 6.

TOMATO CRAB SALAD

6 big ripe nice tomatoes
1 tsp. chopped onion
Mayonnaise
1 c. crab meat (boiled)

Pimiento and lettuce for garnishing

1 tsp. pepper

Wash tomatoes. Scoop inside and drain tomato juice and chill. Mix mayonnaise, pepper and crab meat. Fill the tomatoes with this mixture. Garnish with pimiento and arrange nicely in lettuce bed.

SHRIMP COCKTAIL ON AVOCADO

30 medium-sized shrimps

Avocado (cut in halves)

Wash the shrimps and boil in salted water until deep red. Cook for about 10 - 15 minutes. To intensify red color paprika may be used. Remove shell carefully and black line that runs the length of the back, when cold. Chill the shrimps and place in chilled avocado halves. For each serving use 5-6 shrimps. Prepare cocktail sauce.

POTATO SHRIMP SALAD

1/2 c. celery
1 1/2 k. potatoes
1/2 C. shrimp
1/2 bottle sweet pickles
Mayonnaise
8 eggs
2 egg yolks

Mix all the ingredients. Add the seasoning salt, pepper and a little vinegar to taste.

CAMARON REBOSADO WITH ACHARRA

20 med.-sized shrimps
4 eggs
2 tbsp. cornstarch
2 tbsp. toyo
Pepper
Salt
2 c. water

Boil 2 cups of water seasoned with pepper and salt. When the shrimps are boiling deep remove them from the fire. Remove and set aside the shells and heads of the shrimps with the tail ends.

Beat 4 eggs until thick and lemon colored. Then add 2 tbsp. toyo and pepper together with salt, and 2 tbsp. cornstarch. Dip the shrimps to the egg mixture. Fry in deep hot fat until they turn golden brown. Serve with the following: Sweet sour sauce, or Radish or Papaya acharra.

Sweet Sour Sauce

1/2 c. vinegar
2 tbsps. sugar
2 tbsps. cornstarch
1/2 c. water
1 tsp. salt
2 tbsps. toyo

Mix the above ingredients and cook until the gravy thickens.

RADISH WITH SHRIMPS

3 c. grated radish
1/2 c. shrimp juice
2 tbsp. salt and lard
2 seg. garlic
1/2 c. fresh shelled
1/4 c. vinegar
1 tsp. pepper

Saute garlic in lard and add onion and shrimps. Season with salt and pepper. Stir until it boils and add shrimp juice. Add the ginger and boil for a while. Add grated radish, cover and cook for 5 minutes. Mix well and add green onion. Then remove from fire. Serve hot.

PEAR WITH SHRIMPS

1 1/2 c. bamboo shoots (cut in strips)
1 c. dried mushrooms (cut in)
20 shrimps (4-5 long)
1 1/2 c. dried peas (canned)
1 tbsp. pounded garlic
3 c. broth
1 c. pork
1 1/2 c. onion

Soak the peas overnight and drain them in the morning. Soak the mushrooms in water. Meanwhile saute garlic till light brown. Add the onions together with the peas and broth. Cover and cook for 1 1/2 hrs. Add the bamboo shoots and mushrooms when the peas are almost done. Cook for 1 1/2 hrs., seasoning it with toyo and salt.

Shell the shrimps leaving the head intact. Soak in 1 1/2 tsp. salt, 1/3 c. flour, calamansi juice, and 2 duck eggs beaten till creamy. Dip the shrimps in the mixture and fry in deep fat till done. Place in a platter and pour through cooked peas.

SHRIMP OMELET NO. II

1 c. shrimp meat
1/2 c. tomatoes
1/4 c. sliced onions
2 duck eggs
Salt and pepper
3 tbsp. lard
1 tbsp. pounded garlic
2 tbsp. flour

Saute the garlic, onions and tomatoes in the usual way of making a guiso. When the tomatoes are done, add shrimp meat. Cook for 5 minutes and season it with pepper and salt preferably over a moderate flame. Beat the yolks and whites of the eggs separately till the whites becomes stiff and the yolk are light creamy in color. Combine the egg whites and yolks. Season it with salt and pepper to improve the flavor.

FISH WITH MUSHROOMS

1 1/2 cups of canned or reconstituted dried mushrooms
3 tablespoons butter or bacon fat
2 cups cheap, cooked, fish flakes
1 teaspoon lemon juice
2 teaspoons minced green pepper
1 cup white sauce
Salt, pepper, paprika
½ cup water

Saute the sliced mushrooms in fat. Remove about 1/3 of them from the fat, then add the following ingredients: water, fish, lemon juice, green pepper, seasonings and white sauce to the remainder.

Bake for about 25 minutes in a 450°F. oven in a casserole. Sprinkle the remaining mushrooms and paprika over the top. It's preferable to serve it hot.

FISH CUCUMBER SALAD

1 1/2 cups flaked fish tuna
1/2 cup diced celery
1/2 cup diced cucumber
1 small, tender, diced onion
1 large, diced, white radish
1/2 head lettuce or chinese cabbage (shredded)

Mix ingredients.

MOLD OF SALMON SALAD

Mix 1 pound can salmon, celery, cucumber, olives, onion juice, spices and seasonings together. Mold in heart shape on a lettuce leaf, also cut a pimiento in the shape of an arrow. Then edge with mayonnaise the heart and place the arrow on top. Do this for each individual salad.

FISH STUFFED TOMATOES

6-8 large tomatoes
2 cups shrimps or other cooked fish, flaked
3 hard-cooked eggs diced fine
2 stalks celery finely diced
1/3 cup vinegar
1 teaspoon chopped parsley
1/3 cup salad oil
2 teaspoons catsup
2 teaspoons cocktail sauce (optional)
2 teaspoons Worcestershire sauce
1/8 teaspoon red pepper ground
1/2 teaspoon salt
Dash ground cloves

Chill the tomatoes and cut a slice from each top. In case the tomatoes are firm, skin them. Make them hollow and combine the removed pulp with cooked and chopped shrimps, celery, the eggs, parsley and pepper.

The interior part of the bowl should be rubbed with fresh garlic and mix the remaining ingredients. Pour this dressing over the fish mixture and freeze in the refrigerator thoroughly. Fill the fish-dressing mixture into the tomato shells. Then serve on the lettuce leaves with a whole shrimp and use salad dressing or mayonnaise on each tomato.

ORIENTAL SALAD

2 cups cooked rice
2 tablespoons minced onions
1 cup French dressing
1 cup sardines, oil packed
1 cup shelled, cooked shrimps
1/4 cup vinegar
Lettuce or Chinese cabbage
2 hard-cooked eggs
3 chopped gherkins (small sweet pickles)
2 tablespoons chile sauce
1 tablespoon capers (optional)
1 teaspoon minced parsley

Mix the rice, onion and 1/2 cup of the French dressing, then chill. Let the sardines and shrimps stand for 10 minutes in seasoned vinegar. Heap the rice in mounds on the lettuce leaves. Arrange nicely the shrimps and sardines on the rice. Chop finely the egg yolks as well as the whites then sprinkle it over the salad. Garnish with gherkins. Serve with the dressing made from combined French dressing.

FISH RECIPES of OTHER COUNTRIES

FISH SOUFFLE (Croustade de Barbue Logrene)

2 filets of sole about 4 ozs. each
4 ozs. White Bardeaux wine
2 cups mashed potatoes
1 tablespoon bread crumbs
melted butter
6 tablespoons grated Parnesan cheese
2 eggs separated
Salt and pepper
Ingredients for white sauce (Bechamel)
2 tablespoons of melted butter
1 1/2 tablespoons of flour
1 cup milk

To prepare white sauce: to 2 tablespoons of melted butter add flour and mix well. Bring milk to a boil and pour it to the mixture. Then cook it for about 10 minutes frequently stirring.

Simmer fish in wine 8 to 10 minutes adding 4 tablespoons of cheese, salt, egg yolks and pepper to white sauce and mixing it well. Mash the fish and add sauce. However, fold into the fish mixture the stiff beaten egg white with the wooden spoon. Mashed potatoes should be placed in the buttered baking dish. Scoop a hollow in the middle and pour in mixed with bread crumbs and scatter over the whole thing. Sprinkle the rest with 1 tablespoon butter (melted). Bake for about 30 to 35 minutes in a medium oven.

SOLE AND SHERRY WINE (L'Escarget Paris)

2 filets de sole
Salt and pepper
2 ozs. sherry
1/2 cup cream
2 tablespoons minced mushrooms
1 egg yolk
1 tablespoon cream

Place the filets in a lightly covered pan. Add salt and pepper, minced mushrooms over the top and pour wine. Place on a slow fire, steaming it for 10 minutes. Simmer the cream till it thickens and remove the stock from the fish. Then pour

it slowly stirring constantly into the thickened cream. Mix a tablespoon of cream and add to the sauce slowly. Pour the sauce over the fish and place under the broiler until it turns out golden brown just ready to serve.

LA SOLE DE MA TANTE "MARIE"
(Restaurant Lucas Carton, Paris)

8 medium filets de sole
Salt and pepper to taste
8 ozs. of white wine
Butter to thickly cover bottom of pan
8 or 9 mushrooms chopped fine
1 pint cream
1 tablespoon of unsweetened whipped cream

Place in buttered pan and seasoned the sole. Pour in wine and cook until done. Remove the filets and place on a serving dish. Cook the stock until it becomes thick and add cream. Simmer until it thickens again then remove it from fire. Whip the cream and add 1 tablespoon butter. Cook the mushrooms for the meantime for about 5 to 8 minutes in a teaspoon of butter. Put a tablespoon of mushrooms on top of each filet. Pour the sauce over the whole mixture and place under broiler to brown. Serves 6.

BOUILLABAISSE-MARSEILLES (France)

1/2 pound flesh of lapu-lapu (sea bass)
1 good-sized lobster
1 pound fresh-water eel or catfish
1 pound red gurnard or small red snapers
1/2 pound talakitok or Spanish mackerel
1/2 pound crab meat
1/2 pound dalagang bukid
1/2 cup of good oil
2 large onions minced
2 large tomatoes, without seeds or skins
3 crushed cloves of garlic
2 bay leaves
1/4 teaspoon thyme
1/4 teaspoon fennel
1/4 teaspoon saffron
Salt and pepper
10-12 slices plain bread

Cut the fish into 2 inch pieces, separating the delicate-textured fish from the coarse-fleshed fish. Add other ingredients to the oil including the coarse one but not the tender ones. Cook for 8-10 minutes in a kettle over a hot flame, then add enough cold water to cover it. Then add the rest of the fish. Check the seasoning and add pepper and salt to your taste. Heat

over a hot fire for 12-15 minutes so that the liquid boils vigorously for at least 5 minutes, allowing it to mix with oil.

Arrange the slices of plain bread on the bottom of a serving dish or platter and strain the liquid portion of the hot mixture over them. Place in a separate platter the slices of fish, then sprinkle them with chopped parsley and serve as a side dish to the soup.

FISKESUPPE (Norway)

5 pounds dalagang bukid
2 1/2 quarts of water, to which 1 tablespoon of salt has been added
1 tablespoon flour
1/2 cup white wine
1 tablespoon butter

The fish is cut into large pieces and simmered for 2 1/2 to 3 hours in the salted water. The liquid is poured off and thickened with a white roux made by blending the flour and the melted butter together and mixing it gradually with wine. If the soup is preferred brown, saute the butter and flour before adding wine. To make it more appealing we add a little cayenne pepper, thyme and onion.

CALDILLO DE PESCADO (Chile)

1 large firm-fleshed fish
2 medium-sized onions thinly sliced
2 tablespoons oil (olive oil is preferable)
2 large tomatoes
8 medium-sized potatoes
1/3 cup of rice
Salt and pepper

Clean and cut the fish into individual portions. Pour the oil into the bottom of a pot and place one half of the sliced potatoes and onions in the oil. Lay the fish in this and add the rest of the sliced potatoes. Then follow with layers of onions, rice and finely sliced tomatoes. Season it with 1 1/2 teaspoons salt and 1/4-1/2 teaspoon of pepper. Simmer for about 5 minutes. Follow with the addition of 1 1/2 quarts boiling water and cook slowly for 3/4 of an hour and cover. Serve hot from the cooking dish.

NEW ENGLAND CHOWDER OR MANHATTAN CHOWDER

2 pounds diced fish or 1 pint of shellfish without the shells
4 ounces salt pork, diced fine
1 pint diced potatoes
1/2 cup diced onion
1 quart of milk
2 teaspoons salt
1/2 teaspoon pepper
1/8 teaspoon thyme
1 quart of water

Fry the pork until it is fairly brown. Saute the onions in the fat until yellow and add water. Boil for a few minutes and add the potatoes. When half done, add the fish. Add the milk and seasoning when it is ready to serve. Bring just to a boil and serve hot with some fried croutons.

TSORBASSI

2 pounds white fish, cut fine
1 large handful of chopped soup greens
1 clove garlic, finely chopped
3 pints of water
1 tablespoon Worcestershire sauce
1 1/2 teaspoons salt
1/4 teaspoon cayenne
2 tablespoon rice, dry
1 cup shelled shrimp

Simmer the fish, garlic, water and greens for 1 hour. Strain through a cheesecloth (coarse cloth) and squeeze as much material as possible. Season the juice and bring to a boil; add rice and boil it for 20 minutes more. Also add shrimps 5 minutes before serving.

POACHED COLUMBIA RIVER SALMON BORDELAISE (Chasen's Hollywood)

1/10 pound fresh salmon
4 tablespoons melted butter
4 shallots chopped fine
1 clove garlic chopped
2 tablespoons chopped parsley
1 sprig fresh tarragon
1 bay leaf
3 cups Burgundy wine
Salt and pepper
2 cups brown gravy
1/4 pound butter

Fillet the salmon, cutting four steaks from each filet. Saute on the pan with butter together with garlic, parsley, tarragon, shallots, bayleaf, wine and salt and pepper. Let poach very slowly for about 10 minutes, then remove the salmon

steaks from the pan and keep it warm. Reduce one pint of the fish stock, strain it and return to the pan. Slowly stir in butter and take off heat. The sauce should be poured on top of the salmon stock and sprinkle with chopped parsley and serve.

CREAM OF FISH SOUP

1 pound of boneless fish or shellfish
1/4 cup of finely sliced onion
1 cup fish stock or water
4 tablespoons flour
4 cups of milk
1 cup chopped celery
4 tablespoons butter
1 1/2 teaspoons salt (vary to taste)
1/4 teaspoon each pepper and paprika

Simmer the fish in the water for 10 - 20 minutes. Put through a fine chopper when cooked. To the milk add other ingredients and stir in a double boiler or pan suspended in boiling water until the mixture thickens. Mix in the fish, check the seasoning and serve hot with crackers or fried toast.

LAPU-LAPU — SOUTH AMERICAN STYLE

2 4/2 pounds fish, lapu-lapu
1 medium onion, chopped
2 tablespoons cooking oil
1 or 2 cans of tomatoes or 6 large stewed tomatoes, without skins
1 large green pepper, without skin or seeds
1 teaspoon minced parsley
1/2 teaspoon Maggi or Worcestershire sauce
1 teaspoon sugar
Salt and black pepper to taste
1/4 teaspoon cayenne pepper

Remove the flesh from the fish skeleton and cut it into 2 inch cubes. Fry the onions in oil till tender, then add tomatoes. Simmer until the sauce begins to thicken then add the remaining ingredients with short strips of green pepper. Add the fish and cook slowly to prevent burning. You can serve it with cooked rice.

HAWAIIAN CURRIED FISH

1 1/2 cups coconut milk
1 teaspoon of good curry powder
1 medium-sized onion, chopped fine

1 tablespoon fine, fresh ginger threads
2 cups lightly salted, diced, raw fish
2 tablespoons butter or margarine
1 tablespoon flour

To get the coconut milk, add 2 cups of boiling water to an equal amount of grated fresh coconut. Press the liquid through a fine cloth or strainer and add the curry powder. Make the onion and ginger a little brown in butter, then pour the milk and flour. Cook and stir for five minutes.

Add the fish and simmer until the fish flakes easily. Then serve with potatoes or rice.

FISH IN BEER

"Here is one for the man of the house when he has gentleman friends in."

3 pounds of fat fish, fresh water eel, catfish, carp, etc.
3 tablespoons butter or margarine
2 tablespoons flour
3 cups beer or ale
1 large finely sliced onion
1/4 teaspoon black pepper
1 clove
A dash of nutmeg
1 small bay leaf
1 parsley sprig
Salt
1 teaspoon lemon juice

Cut the fish into large pieces, removing most of the bones. Melt the butter, and blend in the flour. Add the beer stirring it constantly to boil. Cook gently for about 20 minutes adding the remaining ingredients till the fish is done.

FISH RAREBIT

2 cups white sauce
3 egg yolks
2 cups of any cooked fish meat
4 tablespoons grated sharp tasting cheese
Salt, pepper, cayenne, paprika

Pour the white sauce over the egg yolks in a pan or in a double boiler and stir. Add the rest of the ingredients and season to taste. If possible add 1/2 teaspoon salt, 1/8 teaspoon pepper, 1/2 teaspoon of paprika and a little amount of cayenne. Heat until all the mixture is very hot. Serve with some pieces of toasted bread. Sauce can also be added if ever desired.

MALAYAN BREAKFAST FISH

3/4 pounds cooked white fish
1/4 cup butter or margarine
1/2 cup flour
2 teaspoons curry powder
2 teaspoons chutney (optional)
1/2 teaspoon lemon juice
3 small slices pineapple, cut fine
2 cups milk (or coconut milk)
1/2 cup boiled rice
3 hard-cooked, eggs sliced crosswise
1/2 teaspoon salt

Remove the skin and the bones from the fish. Place the fish in a saucepan with butter. Heat and stir gradually the flour followed by chutney, milk, curry powder and milk moistened pineapple. Boil and add rice, fish, eggs, salt and lemon juice. Heat and nicely serve with other toasted bread. Pineapple and curry will surely add a zing to the dish.

MOULTEE (Java)

1 1/2 pounds bangus or other white fish, flaked
3 tablespoons margarine or butter mixed with 1 tablespoon curry powder
2 tablespoons flour
1/2 cup boiling water
2 finely chopped chili pepper
2 tablespoons green ginger threads
1/4 cup of cream that arises off coconut milk
Salt and rice

Cut the fish into one inch cube and fry in the fat-curry mixture. Remove the fish when it's almost done and add water, flour, chili peppers and ginger. Hold below boiling point for a few minutes. Add the fish, cream, and salt to taste. Mix slowly and simmer for 5 minutes. Graduate the amount used to taste for chilis dominate this dish. Serve on cooked rice.

PESCADO CON ARROZ (Spain)

2 pounds white fleshed fish
2 stalks celery
1 carrot
1 sprig fennel
Several thyme leaves
1 cup dry rice
2 small onions
2 cloves garlic
3 tablespoons cooking oil
1 pound tomatoes
3 tablespoons chopped parsley

Bone the fish and cut the flesh in 2-inch square pieces. Simmer the head, bones, chopped celery, onions and carrots,

fennel and thyme with just enough water to cover for 3/4 of an hour to make fish stock. Strain and saute the parsley and chopped garlic in the oil for two minutes. Then add the fish and saute it until light brown. Season the fish and fry the tomatoes in the fat. Cover the rice with salted stock and cook until dry and flaky.

Then place the rice on the platter with rings of rings of tomatoes and fish around it.

TIRGLIE ALA LIVERONESE

6 mullets, 6-8 inches long
2 cloves garlic, finely chopped
2 stalks celery chopped fine
4 tablespoons cooking oil
1-2 pounds tomatoes, chopped
Salt and pepper
4 sprigs of parsley, chopped fine

Clean and dress the mullets. Fry the garlic, parsley and celery in the oil until the garlic turns brown. Add the tomatoes and cook into a pulp, then rub through a sieve. Season the pureé with pepper and salt. Cook the mullets in it till it becomes tender. Of course, this dish is very good and quite a favorite among Filipinos.

DAUBE DE POISSON (MARTINIQUE)

3 pounds large fish, such as tanguingui, maya-maya, talakitok or barracuda
Juice of 4 lemons
1 tablespoon salt
1/2 teaspoon black pepper
4 tablespoons margarine or butter
1 tablespoon flour
2 finely sliced, medium-sized onions
2 cloves
1 bay leaf
4 tablespoons ground chili peppers

Cut the fish into 1 1/2 inch-slices and rub them in lemon juice. Have mixture of 2 tablespoons lemon juice, salt, black peppers, and chili peppers. Pour this mixture over the fish in the earthen pot and let it stay for two hours. Wipe the fish and sprinkle with flour. Saute in the margarine. When it turns brown add the remaining ingredients and a cup of boiling water. Simmer until the fish is done and serve it with rice.

This dish is hot and the chili should be cut down to suit your taste.

CHOW LOW YU (CHINA)

1 1/2 pounds flatfish or other tender fish fillets
4 tablespoons oil
1 cup finely sliced cabbage
2 tablespoons finely chopped onions
5-6 small mushrooms, sliced
2 cups stock from boiled fish bones
2 teaspoons sugar
1/2 teaspoon cornstarch
2 teaspoons soy sauce
2 tablespoons finely diced pork

Cut the fillets into serving size and place them in hot fat until brown. Fry the cabbage for 5 minutes, then add pork, onions and mushrooms. Cook for 5 minutes more and add the hot fish stock and fish. Add the rest of the ingredients and heat for 5 minutes more. With the sauce it will surely taste wonderful. Serve hot.

HONG SKIL YU (CHINA)

1 1/2 fillets of turbot, lapu-lapu or red snapper
4 tablespoons oil
2 cloves of garlic crushed
2 tablespoons onion
1 tablespoon minced fresh ginger
2 cups vinegar
1/2 cup of sugar
1 teaspoon soy sauce
1 teaspoon of cornstarch
2 tablespoon chopped cucumber
Peel of 1 lemon, sliced fine

Cut the fish into serving size. Fry in oil to a light brown and set aside. Make a sauce by frying garlic for a minute in the fat. Then mix it with vinegar, soy sauce, sugar, cornstarch and pepper.

FILET OF SOLE SAUTE AMADINE

6 small filets of flatfish
5 tablespoons of butter or margarine
8-10 almonds
Salt and pepper

Wipe the filets dry and sprinkle them lightly with salt and pepper. Saute them in both sides until light brown. Place on a hot serving platter.

Drop the almonds for 5 minutes in hot boiling water, then take off the skins. Slice the almonds lengthwise into slivers and fry them in the butter until they are golden brown.

Place the almonds on top of the 6 filets. Pour the remaining butter on them and garnish with fresh lemon slices and parsley.

FISH MOLI (East Indies)

2 cups grated fresh coconut
1 cup of boiling water
1 tablespoon flour
2 cups cooked, flaked fish
1 tablespoon fine ginger root threads
1 teaspoon salt (to taste)
Cayenne or chile powder

Mix the water with coconut and let it stand for a few minutes. Then strain it and blend it with flour adding the ginger root, salt and cayenne to taste. Add the fish when the mixture has been heated to boil. Simmer for 5-10 minutes and serve hot over rice.

SELIANKA (Russia)

3-4 chopped onions
3 tablespoons butter or margarine
1/2 cup tomato sauce, puree or 4 chopped tomatoes
1 tablespoon salt
2 pounds fresh fish, cut in small pieces
1/4 teaspoon black pepper
4 bay leaves
1 small sweet pickle
A few chopped capers and olives

Saute the onions, cloves and bay leaves in the butter until they are light brown. Take out the cloves and the bay leaves. Cook the tomato sauce together with onions for a few minutes. Sprinkle the fish with a thin coating of pepper and salt and add it to the tomato together, with the rest of the ingredients.

After mixing it well, cover and cook slowly until the fish is tender. Stir carefully and serve it nicely with slices of lemon.

FISH CURRY (India)

1 1/2 pounds fish as steaks, slices, fillets or pan dressed
2 teaspoons salt
3 tablespoons oil
2 tablespoons curry powder

Mix the curry powder and salt together and rub them all over the fish. Let it stand for one hour and fry in hot oil. Yes, its's very simple, isn't it?

FISH FRITTERS

1 1/2 cup of flour
1 1/2 teaspoons salt
1/4 teaspoon pepper
3/4 cup milk
3 beaten eggs
1 tablespoon melted butter
2 cups of cooked fish, flaked

Sift the flour together with the seasonings. Mix the beaten eggs and milk. When smooth add the fish and butter and thoroughly mix. Drop by spoonfuls in hot deep fat at 375°F. and fry cakes in greased pan. Fry until golden brown. Fritters could be made with chopped clams, shrimps, crab, oysters, lobster or any other fish available.

KEDGEREE (India)

4 pounds of whole fish or
3 pounds of steak or fillets
2 tablespoons green pepper, minced
6 hard boiled eggs, chopped
1 cup of unwashed rice
2 tablespoons minced parsley
2 tablespoons minced onions
Salt, pepper, paprika

Simmer the fish in 1-1/2 quarts of water, with 1-1/2 teaspoons of salt added, until the flesh begins to flake away from the bones. Take out the fish and add all ingredients except paprika. Try to boil and stir until the rice is cooked and the mixture thickens. Drain the rice mixture and place it around the fish.

FISH OMELET

5 eggs
1 cup milk
1 1/2 teaspoons salt (to taste)
1 cup cooked fish flaked
1/8 teaspoon pepper
1/2 teaspoon flour
2 tablespoons butter

Beat the eggs and pour gradually the milk, pepper, salt, flour and fish.

Place an amount of butter in the frying pan till heated and then turn in the mixture. Keep it from bubbling and turn one half over the other when almost cooked. It's nice when served hot.

SALT FISH CAKE

1 1/2 cups freshened salt fish
2 cups mashed potatoes or boiled rice
1 egg (2 for rice)
Flour and pepper

Mix thoroughly the fish, potatoes and egg. Make into small flattened cakes roll in flour and pepper mixture. Fry in a frying pan of deep fat at 390°F. Others prefer the mixture to be seasoned with powdered majaram and cayenne pepper. That depends on how you'll like it.

FRIED WHITEBAIT

(Real Small Fish Such as Anchovies)

2 1/2 pounds small anchovies
Cold milk
Fried parsley
Flour seasoned with salt and pepper
Lemon wedges

Wash the small anchovies thoroughly in fresh water. Dry them well and dip in cold milk. Dip in seasoned flour and fry in deep fat of about 375°F. Only a few should be fried at a time to avoid them from sticking to one another. It will be more appetizing when served with melted butter and tartar sauce.

STEWED WHITEBAIT (India)

2 pounds small anchovies
Flour seasoned with salt and pepper
3 cups stewed or canned tomatoes
1 tablespoon chopped parsley
1 tablespoon chopped onion
2 tablespoons butter or margarine
1 tablespoon lemon juice

Wash and clean well the small fish. Roll them in the seasoned flour. Place them in a well greased pan on the top of the stewed tomatoes. Sprinkle other materials over the fish and boil the mixture. Simmer for about 10-15 minutes. It tastes well though not so attractive.

CALCUTTA FISH BALLS (India)

2 cups mashed potato or soft rice
1 cup of shredded fish
1 egg
1/2 teaspoon curry powder
1 teaspoon salt (or less if one prefers)

Mix all the ingredients together in a mixing bowl. Make the mixture into spoonfuls or into small balls. Fry in hot fat of about 375°F. Drain them on absorbent pepper. It will taste wonderful when served with creole sauce or catsup.

FRIED FILLET JULIENNE (France)

2 pounds fillets in 1/2 inch strips
Flour
Fried parsley
Lemon slices
Milk seasoned with salt and pepper

Wipe the fish dry and cut into the desired strips. Dip the fish into the milk with seasoning, then into the flour. Place a few at a time in the wire basket. Then fry them in a deep fat at 375°F. for a minute or two.

Garnish in a hot platter with parsley and lemon slices. It can be best served either with drawn butter sauce, tartar sauce or lemon butter.

BAKED TUNA (West Indies)

4-6 thick tuna steaks
Salt, pepper, and majoram mixture
2 medium onions, sliced fine
2 teaspoons vinegar
2 teaspoons good oil
Juice of 2 lime
2 medium tomatoes sliced thin

Place the steaks in a lightly salted water just to cover half of the steak in a tightly covered pan. Simmer and steam it for 10 minutes. Remove most of the water and sprinkle the steak with sliced onions and tomatoes. Mix the oil, vinegar and lime juice and pour them over the fish. Bake it for about 3/4 of an hour. When the fish is removed, mayonnaise may be added to the gravy or served with Indian fish sauce. This composes 6 tablespoons mayonnaise, 1-1/2 tablespoons catsup, 1-1/2 teaspoons chopped olives, 1 tablespoon chopped onion, 2 tablespoons chopped sweet pickles and juice of lime.

CALAWI (Hawaii)

1 pound mullets cut in pieces
6 tablespoons margarine or butter
1 teaspoon paprika
1 teaspoon salt
Juice of 3 lemons
6 tablespoons chopped parsley
Banana leaves
3 tablespoons cooking fat
1 cup tomato soup

Place the fish on large banana leaves and cover them with a mixture of 3 tablespoons butter, paprika, lemon juice, salt, and chopped parsley. In the greased baking pan also place the fish rolled in the leaves. Pour the fat over the fish together with a cup of hot water. Cook in the oven for 30 minutes of 450°F. Mix the strained juice from the pan with the remaining butter, a little tomato soup and a little lemon juice. Serve over the cooked fish.

BEEF STEW (M. D.)

1/4 k. beef brisked in cold water
1/4 k. beef ribs
2 c. boiling water
1/2 fresh peas
Cinnamon quill
5 tbsp. lard
4 tbsp. flour
2 carrots
2 bay leaves
Salt and pepper

Cut beef 2 inches square. Dredge with salt and pepper, roll in flour. Fry in lard until light brown and cover with boiling water. Simmer until tender and add spices. Add carrots 1/2 inch square and peas. Cook until done, then season with salt and pepper. It's best when served hot. Service for 18.

CHICKEN ESPAGNOLE (M. D.)

5 lbs. chicken
1 large onion
1/4 c. butter or chicken fat
1 green pepper (chopped)
1 can mushrooms
7 oz. bottle Heinz Spanish olive
1 med. can Heinz cream of tomato soup

Prepare chicken as for fricasse, sprinkle with salt, pepper and flour. Brown lightly in fat. Remove from fire. Add tomato soup, green pepper and onion. Simmer for about 10 mins. Also add liquid from mushroom and chicken, covering and cooking for 1-1/2 hrs. or until the chicken becomes tender. Add olives and add 1 tbsp. of flour for every cup of liquid. Mix to paste with cold water stirring it until it boils. Serve hot baking powder biscuit or with any toast.

CHICKEN TAMALE

2 spring chickens
3 c. fresh young corn
2 American pepper
1 can pimiento cut into strips
1 can tomato sauce
1 big onion
Salt and pepper
1 c. water

Clean and cut the chickens into 8 quarters. Dredge with enough salt. Put some lard on a saucepan and when hot drop the chicken and fry for a few minutes until surface is seared. Then add water and corn to simmer. When it's almost cooked, add the tomato sauce and american pepper. Lastly add the pimiento and cook for 5 mins. more. Serve hot. It's simply delicious.

CHICKEN CHOP SUEY (M. D.)

3 c. cabbage
1 can chinese apulid (cut in wheels half)
½ cow's liver sliced thin
½ c. ham cut in wide thin slices
3 boiled eggs for garnishing
1 patola cut in wheels
Flour for thickening
Pepper for seasoning
½ c. kinchay
3 tbsp. toyo
3 tbsp. sugar
2 cloves garlic
½ c. boiled pork
½ c. chicken meat
1 c. chicken stock

Prepare all indicated ingredients. Saute garlic, onion, pork, shrimp, chicken, ham, apulid, cabbage, celery, patola and kinchay. Season to taste with toyo, pepper and sugar. Add 1/2 c. shrimp juice and a little flour. Cook until done. Serve hot. Garnish with hard-boiled eggs to look more attractive and appetizing.

MEAT LOAF (M. D.)

2 c. chopped lean beef
2 c. " pork meat
2 c. stale bread crumb
4 slices bacon
1 1/2 c. milk
3 tbsp. butter
1 onion minced
2 carrots (boiled and diced)
2 tsp. salt
3 eggs
1 green pepper (chopped)
2 pieces gherkin

Mix together all the ingredients. Lay 2 pieces of bacon lengthwise at the bottom of a loof pan. Pack a greased loof pan with this mixture and cover with the remaining 2 slices of bacon. Steam or bake for 40 minutes. Put on a platter and surround it with tomato catsup.

MENUDO (M. D.)

1/2 c. beef liver
1 c. beef (cut in cubes)
1 c. garbanzos (chick peas)
1/2 c. lean pork (cut in cubes)
1 1/2 tsp. salt
Pepper
2 tbsp. lard
1 tsp. garlic (opened)
1/4 c. slice onion
1/2 c. ham (sliced)
1 c. potato (cubes)
4 c. broth

Saute the garlic till very light brown. Add the tomatoes and the onion and cook for 5 mins. Then add the ham and pork and chick peas. Add also the broth. Season with salt and pepper and cover for 15 mins. Add the liver and potatoes. Cover and cook for another 15 mins. Stir it once in a while to prevent from burning. Serve hot.

RELLENO CABBAGE LEAVES (M. D.)

10 big young cabbage leaves
1/4 c. pork meat chopped
1/4 c. ham chopped
salt and pepper to taste
1 slice tocino (chopped)
1 onion chopped
2 tomatoes chopped

Blanch the cabbage leaves. When done, spread and roll in the following mixture: saute the onion, tomatoes and ham together with meat. Season it with salt and pepper. When the mixture is cooked fill in the leaves of the cabbage and roll. Simmer in the tomato sauce till the cabbage leaves become tender and soft.

TOMATO SAUCE

1 can tomato sauce
1 onion chopped
2 garlic pounded

Saute the garlic, onion and tomato. When half done place the rolled cabbage leaves stuffed. Cover it and allow to simmer till the leaves are soft and tender.

SPAGHETTI A LA ITALIANA (M. D.)

1 package spaghetti
1 c. tomato sauce
1/2 c. chopped onion
6 tbsp. butter
4 c. brown stock
1 1/2 c. ground beef
1 1/2 c. grated cheese

Boil the brown stock. Add the spaghetti and cook for about 25 minutes. Then set aside. Add the ground beef and cook for 7 mins. Melt the butter and add tomatoes and onion cook for 3 mins. add ground beef and cook for 7 mins. more. Add spaghetti and cheese. Serve hot. Service for 12 persons.

SALMON MACARONI SALAD

1/8 oz. can salmon
2 c. peas
1/3 c. mayonnaise
1 c. shell macaroni (cooked)

Drain the salmon and remove skin and bones. Combine salmon with macaroni, peas, then chill. Add mayonnaise; toss lightly and season to taste. Arrange in lettuce line bowl; garnish with hard-cooked egg slices and serve on crisp lettuce.

UKOY

1 c. flour
1 egg
1 seg. garlic minced
1 tsp. salt
2 c. mongo sprouts
1 tsp. baking powder
1 2/3 c. shrimp juice
2 green onions
12 shrimps
2 tbsp. atsuwete water
for coloring the butter

Mix flour, egg, shrimp juice, baking powder, garlic and salt. Color with atsuwete soaked in water. Blanch the mongo sprouts and shrimps. Cut very fine the green onion. Fill a saucer half full of butter, place about 3 tbsp. of mongo sprouts. Sprinkle with green onion and place one whole shrimp in the center. Drop in a saucepan of deep fat and fry until golden brown. Serve with a sauce of vinegar, salt, pepper and garlic.

ARROZ CALDO WITH GOTO

1 c. enriched rice
1 small onion
2 seg. garlic
1 pinch pepper
2 c. boiled goto
2 tbsp. patis
2 stalks onion leaves

Clean the goto and cook until tender. Add the rice to the liquid where the goto has been cooked. Cook the rice to a porridge consistency. Then add pepper, goto, onions and patis. Also fry the garlic until brown and scatter on top of the gruel together with the finely shredded leaves of onion just before serving. It tastes very delicious especially when served hot.

BRAIN OMELET

1 c. pre-cooked brain dice
1 tbsp. lard
1 med. size tomato
2 seg. garlic minced
1 tsp. sliced onion
2 sprigs parsley
3 eggs slightly beaten

Wash brains in cold water. Simmer the brain together with salt for 15 mins. Then drop it into cold water. Drain and remove all fibers. Saute in a frying pan garlic, tomatoes onion and brain. Season with salt and remove mixture from fire. When partially cool add the slightly beaten eggs. Heat the lard and cook 1/3 of the brain mixture. When the brain is evenly brown turn carefully the omelet and cook the other side. Do the same with rest of the mixture and garnish with parsley. Of course it tastes good.

BAKED MACARONI

2 tbsp. lard
1 box macaroni or 2 1/2 c.
3/4 c. Vienna sausage
1 tbsp. pounded garlic
2 1/2 c. tomatoes (canned)
3/4 c. sliced chorizo (crosswise)
2/4 c. ham (cubes)
Salt and pepper
1 tbsp. salt
4 eggs

1/4 lb. butter
2/3 c. sliced onion
1 3/4 c. grated cheese
3/4 pimiento (sliced)
Sprig of parsley

Drop the macaroni in boiling water and cook for about 10 minutes. Remove from pan, drop into cold water. Rinse it several times in cold water and drain. Set aside and saute garlic until it turns light brown. Add the tomatoes and onions then cook for 2 minutes. Ham, chorizo, Vienna sausage and pimiento should then be added. Cover and cook for 5 minutes, over a low heat. Then add the macaroni and cook for another 5 minutes stirring it once to prevent from scorching. Add 1/2 of the grated cheese and place in a pyrex dish. Pour the beaten eggs on top and sprinkle with the rest of the cheese. Bake for about 10 minutes in a moderate oven. Remove from heat and garnish the top with sprig of parsley and strips of pimiento. Nice when served hot.

FRIED LUMPIA

1/2 c. fresh shrimps
1 1/2 k. pork with little fat
1 c. Chinese apulid
1 k. purico
2 egg yolks
2 tsp. lard and butter
1 tbsp. lemon juice
2 tbsp. flour
1 onion
30 lumpia wrappers
Toyo
Dash of white pepper

Boil the apulid until tender. When cooked, cut into strips, cutting each strip into 2 and set aside. Remove the shrimps from shells. Grind the small pieces of pork; cut together with shrimps. Add toyo, lemon juice, yolk of eggs, dash of pepper and flour. Mix well. Saute in the frying pan chopped onion stirring once in a while until it turns light brown. Remove it from fire and let it cool. Divide each lumpia wrapper into two and wrap the cooked mixture in it. Fry in deep fat until brown and serve with the sauce. The dish is quite popular among us.

SAUTED SPAGHETTI

1 can tomato sauce or soup box
spaghetti
1 medium-sized onion
2 cloves garlic
1/4 tsp. tobacco
1 1/2 c. ground beef

1 chorizo de bilbao

3 tbsp. grated cheese
Lard for sauteing
1 big slice ham

Cut the spaghetti into small pieces about 2 inches long. Drop them in salted boiling water and boil them until done. Pound the garlic, cut the onion for sauteing and cut the sausage to small pieces. Do the same with the ham. Saute the onions, garlic, ham and sausage. Then add the tomato sauce. Add seasoning of salt and pepper. Drop the washed spaghetti and saute it for about 5 minutes. Also add 2 tbsp. grated cheese. Remove the mixture from fire and put it in serving clean platter. Sprinkle the rest of the grated cheese.

CHICKEN A LA KING

1 c. sliced mushrooms
1/4 c. chopped green pepper
1/4 c. butter
2 1/2 c. diced cooked chicken
2 tbsp. finely cut pimiento
Salt and pepper
1 beaten egg yolk
3 tbsp. flour
2 c. milk

Lightly brown mushrooms and green pepper in butter; add flour and blend. Add seasonings and milk. Cook until thick, stirring it constantly. Stir some of the hot mixture into egg yolk and add to remaining hot mixture; cook it for 10 minutes more and all pimiento or chicken. It's indeed very nice when served on hot buttered toast, biscuit or Swedish timbales.

CROQUETTES (S. D.)

1/4 c. grated cheese
1/4 k. pork
4 ripe tomatoes
3/4 c. bread crumbs
4 potatoes
4 eggs
1/2 lb. lard
Pepper and salt

Saute the tomatoes and chopped pork. Season to taste with salt and pepper when it's about to be cooked. Cool, and mash the boiled potatoes and add the grated cheese. Mix in the sauted pork. Mold into elongated balls, and drop them in well-beaten eggs and roll in bread crumbs. Fry in deep fat until it turns golden brown.

STUFFED PEPPERS (S. D.)

1/2 c. bread crumbs
1/2 tsp. French mustard
Ham
2 hard-boiled eggs (chopped fine)

Let the pepper stand for 15 minutes in boiling water. Then split, removing seeds and fill with this mixture:

1 cup chopped ham (or other kind of cooked meat)
2 hard-cooked eggs (chopped fine)
1/2 tsp. French mustard — cream salad brand

Bake in quick oven for 1/2 hour, basting it twice with melted butter and water. At times raisins are also recommended for good flavor and for making it more attractive.

CHOW-MIEN

1 big onion
1/2 c. canton (pansit frito)
1 dried pusit (boiled)
1 spring chicken
1/3 c. kinchay
1 c. pork
1 plate mike
1 c. shrimps
1 c. apulid
1 shredded cabbage
3 cakes tokua
Toyo, pepper, calamansi

Boil the chicken until tender. Slice the meat and cut the rest of the ingredients as that for pansit guisado. Boil the pansit until tender and cut them into long strips. It should be sauted like pansit guisado. When done remove it and fry the mike with enough toyo and lard. Cook it for 3 mins. Then place the mike in a plate and put the rest of the ingredients on top. Garnish with hard-boiled eggs to look more appetizing and attractive.

LIVER PATTIES

1/2 kilo liver
2 well beaten eggs
1/8 tsp. pepper
1/2 minced onions
3/4 tsp. salt
2 tbsps. flour
Slices of bacon

Simmer the liver for 5 mins. covering it with boiling water. Grind all the ingredients and combine them thoroughly except bacon. Shape into 6 cakes and wrap a slice of partially cooked bacon around each; fastened with a toothpick. Cook in a boiler or over low heat pan until both sides are brown.

PESANG MANOK

1 chicken cut into 8 portions
4 small-sized potatoes
1 small head cabbage
3 bunches pechay
4 c. water
Ginger
2 tbsp. patis
12 peppercorns
Calamansi

Boil the chicken in water with peppercorn and ginger until it becomes tender. Remove and place it in the platter. Cook in the chicken stock peeled potatoes cut into quarters. Boil the cabbage and pechay in the stock, drain and arrange with the chicken and potatoes on the platter. Season with salt and pepper. Serve hot with slices of calamansi and patis.

LIVER STEAK

2 thinly sliced calf's liver
Salt
Oil
Bread crumbs
2 sections of garlic
Fried potatoes

Season 8 thinly sliced pieces of calf's liver with salt. Then soak it in oil for a while and sprinkle with fine bread crumbs. Heat lard in which 2 sections of macerated garlic are browned, then fry slices of liver in it. Arrange neatly and nicely slices of browned liver on a platter surrounded with fried potatoes.

Blanch a large tomato and chop it fine. Prepare 1/4 c. finely chopped ham and cook in the same lard used for frying liver. When ham is done, add the tomato and pour it over fried liver.

TINOLANG MANOK

1 med. sized chicken
1 onion sliced
Salt and pepper
5 potatoes medium size
5 tbsp. lard
2 cloves garlic crushed
2-3 tbsp. patis or soy sauce
5 c. water
1 c. sili leaves

Cut the chicken into pieces. Heat the lard and saute the garlic and the onion in the saucepan. Add patis or soy sauce cover and allow to simmer over moderate heat. Add water and boil, adding cut potatoes. Cook over moderate heat until the chicken and potatoes are tender. Season with pepper and salt. Lastly add sili leaves and serve hot.

MORCON (Meat Rolls)

1/2 k. beef, thinly sliced
2 segments garlic
1 onion
1/4 c. vinegar
10 peppercorn
4 slice pork fat
2 pieces sausage
2 eggs
2 pieces ham
1 c. tomato sauce
12 olives
1 piece bay leaf
1 qt. water

Cut beef into long thin slices and then pound it. Also pound garlic and peppercorn and add vinegar. Soak pounded slice beef into the mixture of vinegar for a while. Cut into halves the hard-boiled eggs. Cut the fat ham and sausage into long narrow strips and chop the olives. Spread beef on a wooden board; arrange in alternate rows the sausage, pork fat, and ham. Place the eggs and add the olives. Roll and tie with string. Fry them in deep fat until golden brown. Then add onion, tomatoes, salt, bay leaf, pepper, corn and water, stew until tender. Add catsup or tomato sauce to stewing liquid. Remove the roll and cut into slices. Arrange beautifully on a platter and pour sauce on the top. Garnish with kinchay to improve the flavor.

ARROZ A LA CUBANA

1 c. chopped beef
1 small box raisins
3 sections garlic
Salt and pepper
5 eggs (either hard-boiled or fresh)
Bananas

Boil the rice. Fry the bananas cut into halves or 3 slices. Saute garlic, onion, pork and then add beef, raisins, paprika and pepper and salt to taste. When cooked, remove from the saucepan. Mold the rice and garnish with the meat mixture eggs and fried bananas.

CHICKEN ADOBO

1 chicken
1 c. vinegar
2 tbsp. salt
5 cloves garlic
10 pieces peppercorn
5. tbsp. lard.

Cut the chicken into convenient sizes. Stew the chicken in a mixture of crushed garlic, vinegar, pepper, salt, bay leaf

and corn. When they are soft remove the liquid and cook over moderate heat until tender. Add atsuwete juice when good coloring is desired.

EMBUTIDO

1/2 k. ground pork
Salt and pepper (to taste)
4 tbsp. flour
1 egg
Chorizos de Bilbao
Sliced pickles
Hard boiled eggs

Grind 1/2 k. pork, add salt and pepper to taste. Mix together 4 tbsp. of flour and 1 egg. Take a piece of clean cloth and put sliced pickles; chorizos de Bilbao and hard boiled eggs. Now form it into a roll and wrap it in the cloth. Tie both ends of the cloth and boil it in the broth. When done put it inside the refrigerator overnight. Unwrap it before serving and slice. It's palatable when served with tomato sauce or tomato catsup.

CHICKEN FRICASSE

1 large chicken cut in pieces
1 large sliced onion
2 tbsps. chopped celery
1 tbsp. salt, pepper
1/2 tbsp. paprika
4 tbsps. flour
Dashes of maggi's seasoning

Clean and wash the chicken. Put it in a large kettle together with onion, celery, pepper and salt until it boils. Simmer until tender for 2 hours. Remove the chicken from stock. Dredge with flour mixed with paprika. Saute in butter until golden brown. Boil so as to reduce stock to 2 cups. Chicken with flour mixed to a smooth paste with cold water. Add some dashes of Maggi's seasoning and simmer it for 5 mins. Pour gravy over the chicken. Serve with hot-boiled rice noodles.

CHICKEN TINOLA

1 med. size chicken
2/3 c. sliced onion
6 c. water
4 c. green papaya
2/3 c. pepper leaves (siling labuyo)
4 tbsps. lard
1/2 c. pounded garlic
salt and pepper
tbsp. patis

Clean and dress the chicken and cut to desired pieces. Saute in a saucepan the garlic till light brown. Add the onions and cook for about 3 mins. Add the chicken and season it with patis. Stir and cover for 7 minutes. Add some amount of water and cook it for 1 hr. Later add the papaya about 15 mins. just before removing it from fire. Then add the pepper leaves and season with salt. It's indeed very nice when served hot. Good service for 8 persons.

VEAL LOAF (M. D.)

1 k. ground veal
2 tbsps. kinchay — chopped
1 c. milk
Salt and pepper
2 tbsp. minced onion
1 c. bread crumbs
1 beaten egg
Dashes of Maggi's seasoning

Combine veal, celery, onion, bread crumbs, milk, eggs, pepper, salt and dashes of Maggi's seasoning. Shape into a loaf and place it in buttered pan. Bake for about 1-1/2 hrs. in a moderate oven. Frequently, base with 2 tbsps. of margarine or butter melted in 1/4 c. of water with dashes of Maggi's seasoning added. When done remove from pan and place on a platter. Garnish it nicely with sprigs of parsley and bacon curls.

CRAB WITH CAULIFLOWER

Cauliflower separated and cut into halves
Cabbage cut into 1 inch square
Water chestnut (apulid) cut into cross sections
Crabs (female)
1/4 tbsp. toyo
Mushroom (dried cabute) soaked in water
2 tbsp. cornstarch dissolved in water
Peanut oil
Salt to season

Heat the peanut oil. Add the cauliflower, mushroom, cabbage, apulid and the crab meat. Cook it for about 2 mins. Pour cornstarch dissolved in water to thicken. To give a little color add a little toyo and season with salt.

INDIAN CURRIED CHICKEN

1 plump young chicken
Sauce of sliced onions
A piece of ginger root
1 tbsp. of lard
1 tbsp. of curry powder
1 pint of milk

Flour
Milk of fresh coconut milk
1/2 cloves of garlic
Chutney
Boiled bacon

Clean and boil a young plump chicken until tender. Remove chicken and take out bones. Cut them in serving pieces. Make a sauce of sliced onion, a piece of ginger root, a half clove of garlic and fried in a tbsp. of lard. Add a tbsp. of curry powder each when soft and not brown, also add flour and cook slowly in a pint of milk. Add milk of fresh coconut milk when blended and turn into a double boiler. Add chicken and reheat but not boil. Serve with rice steamed dry and relishes of grated coconut, chutney, preserved ginger and boiled bacon.

PUTSERO FILIPINO

1/2 k. beef cut into cubes 1½ inch
1/2 k. beef bones
1 chicken cut into quarters
2 large camote — boiled
3 bunches pechay — cut in halves
1 c. garbanzos — boiled
1 chorizos
4 saba bananas cut

Soak for 1/2 hour the beef and the bones in cold water. Bring into a boil and then lower the fire and cook over a low flame until the meat becomes tender. Add the chicken, chorizo and garbanzos. When the chicken becomes tender, add the bananas and the pechay. Remove the skin of the boiled camotes and cut into quarters. Add this to the chicken and beef stew seasoned with patis. Place the vegetables and meat on a platter, and serve the broth in cups.

BRAISED TONGUE

1 fresh tongue
1/3 c. carrots
1/3 c. celery
1/3 c. onion

A fresh tongue is necessary. Place the tongue in a kettle, cover with boiling water, and cook slowly for 2 hrs. Remove

tongue from water and take off the skin and roots. Place it in a deep pan and surround it with onions, celery and diced carrots and one sprig of parsley. Pour about 4 c. of sauce over the tongue, cover closely, and bake it for 2 hrs. turning it carefully after the first hour. Serve on a platter.

SAUCE FOR TONGUE

Brown about 1 qt. cup of butter, add 1 qt. cup of flour stirring them together until well browned. Gradually add 4 c. of water in which the tongue is cook. Season with pepper, salt and 1 tsp. of Worcestershire sauce. In place of some water 1-1/2 c. of stewed and strained tomatoes may be added instead.

KARI - KARI

1 calf's leg (pata) well cleaned
2 bundles of sitaw (cut 2" long)
1 banana bud — sliced fine (crosswise)
2 tbsp. seeds of atswete (in ½ c. of water)
5 eggplants cut to 1 square
1 onion
5 tbsp. lard
1/2 c. water
3 tsp. garlic
1/2 c. powder
Toasted rice
1 c. toasted peanut crushed fine or peanut butter

Boil enough water to clean the calf's leg. Cut it into the desired length. Clean and wash it thoroughly and put in the saucepan. Cover it with water and boil it until tender and set aside. Saute the garlic, onion in the frying pan together with calf's tender leg. Add a pinch of salt to the mixture and let it boil. Then add the slice of banana bud. When it becomes tender add the eggplant together with the sitaw. Extract the coloring from the atswete of about one cup and add it to the mixture. Add peanut and powdered rice stirring it thoroughly to avoid sticking.

It is nice and good when eaten with sauted bagoong alamang with pork.

4 young squabs (pichon)
10 shelled chestnuts
2 c. water
10 peppercorn
1 bay leaf
1 piece peeled ginger
1 can asparagus

Place all four squabs in a baking dish with the chestnuts around. Also place water, ginger, bay leaf and peppercorn in the pan. Put the pan in a steamer and cook until the squabs become tender. The sauce should be thickened with cornstarch. Add toyo as a seasoning. Serve with asparagus in a large bowl.

CURRIED SHRIMPS IN ENRICHED RICE RING

1/2 c. diced pork
1/4 medium-sized squash peeled (and cut ½ inch cubes)
2 seg. garlic-minced
3 c. boiled rice
4 large shrimps shelled
4-6 sprigs of parsley
1/3 c. shrimp-shelled
2 tbsp. curry powder
1/4 head medium-sized onion
1/2 c. rich coconut milk
1/2 c. shrimp broth
Salt and pepper

Extract fat from the pork. Saute garlic, onion, lean pork and shrimps. Season with curry powder, salt, and pepper. Add the shrimp broth and cover until squash is almost done. Add rich coconut milk and let boil for about 3 minutes. Remove from fire. Mold cooked rice in large ring molds. Fill in center with creamed curried squash. Four shelled shrimps will attractively garnish it.

SHRIMP GUMBO

6 green onions
2 c. bacon fat
1 c. chopped tomatoes
6 c. stock
1 red pepper
1 tsp. thyme
1 bay leaf
1 tsp. salt
1 lb. shrimps

Clean onion, reserving the green tops. Chop and saute the okra in bacon fat. Add stock, green onion, cut into strips, pepper, thyme, bay leaf, and salt. Cook for 10 minutes heating it to a boiling point. Add shrimp cut into halves. Simmer for 5 minutes and cover closely. This is good for 8.

MEAT BALLS WITH MISUA

1 c. pork ground
1 stem onion chopped
Fine pepper powder
3 spoonfuls flour
1 chicken egg

Mash the flour with egg. Mix the ground pork with onion. Stir thoroughly and season with salt. Make them into balls. Put shortening of oil in the frying pan. When hot cook crushed garlic until well brown. Add tagalog onions sliced. When wilted well drop 3 spoonfuls patis and pour broth in which meat was cooked. When boiling, drop meat balls. Put 2 bundles of misua after seasoning well. Remove from fire. Sprinkle with powder pepper.

FRESH LUMPIA

1 c. diced chicken meat
1 c. cooked pork
1/2 c. garbanzos
3 cloves garlic
1 c. green lima beans
1/4 c. kinchay
1 c. shrimps
1/2 c. shrimp juice
2 c. shredded cabbage
2 c. toqua (cut in long pieces)
1 c. potatoes
1 c. carrots
1 c. camote (cut in long pieces)
Lumpia wrapper
Lettuce
Toyo, pepper

Blanch the shrimps. Boil the pork. Slice and cut other ingredients as indicated. Pound the heads of the shrimps and mash in 1/2 c. pork broth. Fry the toqua till light brown, and add onion, pounded garlic, shrimps, pork and green lime beans. Add toyo about 2 tbsp. and 1 tbsp. sugar. When the beans are done, add garbanzos, carrots, and kinchay. Saute well, add the shrimp juice and achwete coloring. Cook it well and wrap in lumpia wrappers and lettuce. It's very nice when served with lumpia sauce. It's a favorite dish among Filipinos.

ARROZ A LA VALENCIANA (M. D.)

1 young chicken (cut)
2 pieces chorizos (sliced thin)
6 potatoes (quartered)
1/2 k. pork meat (cut)
1/2 c. shortening
1 onion sliced

2 segments garlic
3 c. arroz de Valenciana (boiled in 3 c. water and 1 tsp. salt)

Season with salt and pepper the meat of chicken and pork and fry in hot shortening until slightly brown. In a deeper vessel heat the lard and fry in the order given, the garlic, onion and tomatoes. When brown add potatoes, pork, meat chicken and chorizos. Mix them well, cover the vessel cook until the potatoes and meat becomes tender. If necessary add water. Also add sweetpeas, olives and pimientos morones. When vegetables and meat are well done, remove some stock and set aside. Add sufficient stock to moisten rice and cook until mixture becomes dry. Garnish top with pepper and hard-boiled egg. This is often served in parties.

CHICKEN WITH SWEET PICKLES

1 bottle of sweet pickles
1 chicken
4 onions
1 tomato
4 cloves garlic
1 tsp. pepper
2 tbsps. patis

Boil the chicken until tender. Cut the meat into small pieces. In enough amount of lard fry garlic, onion and tomatoes. Add the chicken and season it with patis and pepper to taste. Cook for 5 mins. when necessary and add lard. Add mixed pickles and stir constantly the mixture. Then add a teaspoon of butter before removing from fire.

CREAM SALAD DRESSING

1/4 tsp. mustard
1/8 tsp. salt
1/8 tsp. paprika
1/2 pt. cream
2 eggs
2 tbsps. lemon juice
1/3 c. milk

Mix mustard, paprika, and salt, and when blended thoroughly add eggs slightly beaten, milk and lemon juice. Cook the mixture in a double boiler stirring it constantly until it thickens. Cool and add cream, beaten until stiff.

FRUIT DRESSING

2 tbsps. flour
2 tbsps. lemon juice
1 tsp. salt
1/2 tbsp. mustard
1/2 c. fruit juice
(pineapple or grape juice)
1/2 c. milk
1 tsp. sugar
1 tsp. butter
1/2 tsp. paprika
3 eggs

Place the milk, eggs and the flour in a double boiler and cook it for about 8 minutes stirring it constantly. Add the rest of the ingredients except lemon juice and butter. Cook it for 5 minutes stirring it often and later add the butter. Heat, cool, and serve with fruit salads. Yields 1 cup dressing.

MAYONNAISE DRESSING I

2 1/2 tbsp. calamansi juice
2 eggs yolk or 1 whole egg
1/2 tsp. pepper
1/4 tsp. mustard
1/2 tsp. salt
2 c. Wesson oil

Beat the eggs slightly, add pepper, salt, mustard and calamansi juice. Add the oil by tsp. beating it well until the mixture thickens. Greater amount of oil maybe added later. Yields 2 cups.

CUSTARD DRESSING

5 tbsps. butter
3 tbsps. sugar
1 small can milk
1 tbsp. lemon juice
3 eggs
1 tbsp. cornstarch

Melt the cornstarch in one cup milk and cook, stirring it well until it thickens. Add butter, stirring it into a smooth paste. Cool the mixture adding an egg at a time beating it after each addition. Add sugar and lemon juice and put it back in a double boiler.

RUSSIAN DRESSING

1 tbsp. chile sauce
1/4 tsp. paprika
1/4 tsp. vinegar
1/2 c. mayonnaise
1 tbsp. pimiento (finely chopped)
1/4 tsp. onion juice
1 tbsp. sweet pickles (finely chopped)

Combine all the above ingredients and mix well.

FRENCH DRESSING FOR GREEN SALAD

1 tsp. salt
1/4 tsp. pepper, paprika
1 onion
1 clove garlic
1 tsp. granulated sugar.
3/4 c. salad oil
1/4 c. vinegar

Mix all ingredients except garlic and onion and shake them well. To get the desired flavor place the garlic and onion in the dressing. Pour over sliced tomatoes or pour over crisp, cleaned salad greens.

SOUPS

CREAM CHESTNUT SOUP

1 c. chestnuts
1/8 tsp. paprika
1 liter white stock
1 1/2 c. cream of milk
1/8 tsp. salt

Peel the chestnuts. Put in the chicken broth. Boil it well until the chestnut becomes white. Season with paprika and salt and add milk or cream.

CORN SOUP

1 small chicken
1 plate grated corn
1 spoonful lard
1 spoonful garlic
1/2 c. Bermuda onion (slice thin)
Patis to taste
Sili leaves

Boil the chicken. Separate meat from the bone and chop fine. Fry some garlic until brown then add chicken meat, onion and salt. Put the grated corn. Pour the chicken broth and when done, add ampalaya leaves and sili leaves.

PANSIT CON CALDO

1 spring chicken
3 c. mique
patis
1 onion
1 c. shrimp
3 crabs
Kinchay
1 c. pork

Boil the crabs and remove from shells. Boil the chicken and shred. In the chicken broth, boil the pork, cut to pieces, onion cut in big pieces, shelled shrimps, sliced lengthwise and shredded crabs. Put a little patis to taste. When ready to serve put the mique that has been washed and drained. Drop some kinchay in the mixture and remove at once from fire.

PATANI GUISADO WITH SOTANGHON

2 tbsp. chopped meat
1 tsp. garlic (pounded)
1/2 c. shrimp (cut in ½ long)
3 c. patani (fresh lima beans)
1 1/2 c. shrimp juice
pepper to season
2 tbsp. lard
1/2 c. chopped pork
1 c. sotanghon
1 c. broth
2 tsp. salt

Soak the sotanghon in water. Meanwhile saute the garlic till light brown. Add the onions and cook for about 3 minutes. Later add the shrimps, pork, meat, and patani broth. Cover it well and cook 5 minutes. Then add the sotanghon together with the shrimp juice. Season with salt and pepper stirring it to prevent curdling of the shrimp juice. Cover and cook for 10 mins. Serve hot. Yield 5 cups.

PICADILLO II

2 tbsp. chopped onion
1 tsp. pounded garlic
4 c. of rice water
Salt to taste
3 tbsp. lard
1 tablespoon patis
1 c. chopped beef
1/2 c. tomatoes

Saute the garlic in 3 tbsps. of lard till it turns light brown. Add tomatoes and onions. Cook for 10 mins. Then add the beef and the rice water. Season to taste with salt and pepper.

QUEEN SOUP

1 c. bread crumbs soaked in ½ c. milk
Yolks of 3 hard boiled eggs
chicken (shopped fine)
3 1/2 c. chicken stocks
3 tbsp. lard, salt, pepper (to taste)
2 1/2 tbsp. flour
1 1/2 c. scalded milk

Rub yolks thru a sieve. Add to bread crumbs soak in milk chicken meat. Then gradually add scalded milk and stock. Season to taste and mix thoroughly.

SOPA VEGETAL

50 centavos worth of marrow bones
1 small piece of ham
1 small onion chopped
2 cans vegetable soup
3 cloves garlic crushed
Salt to taste
1/2 chicken

Boil very well the marrow bones, 1/2 chicken, ham until 1 1/2 liter water is reduced to 1/2. Pass the broth through a colander. The chicken meat should be cut to small pieces. Cook in lard with onion and garlic. Season with salt and add it to the broth. Pour into the mixture 2 cans of vegetable soup and after boiling it remove it from fire at once.

SOPA DE SOTANGHON

1 chicken
20 centavos worth dried mushroom
2 stems green onion
1/2 spoonful lard
2 boiled eggs
Small piece of pork
20 fresh shrimps
Bermuda onion
Powder pepper
4 spoonful patis
2 bundles of fine sotanghon

Dress the chicken. Boil in 3 1/2 liters of water together with pork. Boil water until reduced to one half. When meat becomes tender cut one inch size. Cook in lard, pork, onion, garlic, shrimps and chicken. Add soaked sotanghon together with salt. When sauted well, pour the shrimp extract then the dried mushroom. For a better flavor add patis and put some chopped onion.

SOPA A LA JULIANA

1 small piece of squash (shredded)
1 small piece of cabbage (shredded)
1 carrot (shredded)
3 potatoes
3 stems pechay

Cut the peeled carrots, potatoes and squash shredded. Cook in a little lard the chicken meat together with onion and garlic. When toasted season with patis and pour chicken broth. When it's almost done add vegetables. Then put 1/2 of powder jahenomata.

SOPA SECA

1/2 loaf American bread
1/2 can tomato sauce
1/2 c. bermuda onion
4 gms. butter
Cheese
3 chicken eggs
1 c. broth
Salt to taste

Slice the bread, pour the broth. When tender cook with onion, canned tomato sauce and butter. Stir thoroughly adding grated cheese and season with salt. When the broth reduces down, transfer to a bowl making the top even. Break the eggs on it and cook it in an oven.

SOPA CLARA

1 good-sized chicken
Pepper
Nutmeg
1 c. milk
3 eggs
Salt

Slightly beat the eggs, add milk, pepper, nutmeg and salt. Cook in water broth. Dress chicken and boil. Remove from water broth and cut into cubes. Strain the chicken broth and add egg mixture. Especially served when hot.

CREAM WITH POTATO SOUP

4 med. sized potatoes
1/3 c. finely chopped onion
1 1/2 evaporated milk
4 tbsp. butter
4 c. water

Saute the onion in butter till cooked but not brown. Add water, milk and mashed potatoes. Cook for 10 mins. and season with salt and pepper. Serve hot with crisp croutons. Yields 5 cups and serves 10 persons.

CROUTON

Cut stale bread into small cubes and fry till brown.

DINNER SOUP

3 1/2 lbs. marrow bones
2 c. cold water
1 can tomato
2 spoonful shortening
Consomme
1 tsp. peppercorn
1 spoonful sliced ham
carrots and turnips
1/2 bay leaf

Boil the marrow bones in a boiler. Add the solomello (soup meat) until brown, occasionally stirring it. Add consomme when well red. Put butter drop the rest of the ingredients such as ham, onions, turnips and carrots. When done add consomme.

Put 1/2 of meat on 2 liters of cold water and add tomatoes. Boil, pass through a colander and cool.

Take away scum and add whites of eggs and egg shell to make it clear. Simmer and stir once more and let it pass through a colander. Put salt to taste.

CREME ASPARAGUS

Chicken broth
1 can asparagus
Chopped parsley
Flour for thickening
1 c. milk
Salt and pepper

Take broth of chicken by boiling every kilo in 5 c. water. Cut asparagus into 1-inch long pieces. Add asparagus, thickening it with flour. Add butter, milk, chopped parsley, pepper and salt to taste.

CHICKEN WITH CORN AND MALUNGGAY

1 med. sized chicken
5 c. water
2 cloves garlic — crushed
4 tbsp. lard
1/2 onion — med. size
1 c. malunggay leaves
2 - 3 tbsp. patis
1 c. fresh corn from cob

Melt lard in a saucepan. Saute garlic, onion, corn and chicken cut in convenient sizes. Add soy sauce or patis and cover it. Simmer over moderate heat. Cook and add water until the chicken is tender. Add malunggay leaves, cover it and cook for 2 minutes. Remove immediately from fire and serve while hot.

COOKING TERMS

Bake: Cook in an oven at a desired temperature. When applied to meat it is called roasting.

Baste: Add liquid to the surface of food, while cooking, by pouring, brushing, spooning or wiping with fat, drippings, etc.

Batter: A smooth mixture of flour, liquid and other ingredients which can be poured. May be used to coat food before frying.

Beat: Agitation of ingredients by means of a spoon, whisk, or mechanical or electric beater to insure a smooth, uniform mixture.

Blend: Combine ingredients homogeneously or evenly.

Boil: Cook with a liquid that has heated until large bubbles constantly rise to the surface. Water boils at 212°F. at sea level. When the liquid begins to boil the heat should be lowered as slow boiling is just as effective as fast boiling unless one is trying to reduce the volume of the cooking liquor.

Bread Crumbs: Dried crumbs are made by thoroughly crushing crusts of bread, well dried but not browned. They are used for coating fried foods. Soft bread crumbs are made by finely shredding fresh bread between the fingers. Used for dressing, thickenings, etc.

Broil: Cook on a rack, spit or skewer by the direct heat of a broiler, hot coals or charcoal.

Brine: Mixture of salt and water. Preferably American salt.

Chill: Place a food in a cool or cold place until the temperature is lowered to a point between freezing and normal room temperature.

Chop: Cut into small pieces by use of a knife, not by the use of a good grinder.

Cream: To make a mixture smooth, soft and creamlike by stirring or beating.

Dice: Cut a food into small cubes by use of a knife.

Dissolve: Mix a solid or powdered substance with a liquid.

Double Boiler: Combination of one pan set in another so that one can cook in the upper pan over boiling or hot water in the lower pan.

Dredge: To coat a solid food with a powdering or sprinkling of flour, sugar, corn meal or similar product.

(°F.): This symbol designates degrees of temperature by the Fahrenheit scale.

Fillet: Fleshy boneless side of a fish or boneless piece of meat.

Fold in: Addition of a light fluffy substance to a liquid or semi-solid mixture so that the combined product maintains some of the lightness. Usually done by carefully lifting the heavier material over the lighter to entrap the air. This procedure is repeated until the two materials are fairly well mixed.

Fry: Cook in hot fat. Pan fry or sauté — using just a film of fat.

Grate: Shred a substance up fine by use of a metal abrasive device. Usually used for lemon peel, hard-cooked eggs, cheese, etc.

Julienne: Cut food in thin lengthwise strips.

Lard: Place strips of fat in lean meat either by drawing it through the meat or laying it in deep cuts on the surface.

Liquor: The fluid from meat or vegetables.

Marinate: Place a food in an acid-fat mixture (marinade), usually French dressing, until well seasoned.

Mashed: Crushed in some manner so that the food is finer or more plastic in form.

Mince: Chop up real fine.

Parboil: Boil food in water until partially cooked.

Puree: A semi-liquid form of a food ground up fine and well mixed.

Sauté: Fry in a thin layer of fat.

Shell: Remove the outer coat layer of a seed, nut or shellfish.

Shuck: Same meaning as **shell.**

Simmer: Cook in liquid, just below boiling — usually at a temperature of 185°F.

Skewers: Wooden or metal pins of various lengths and sizes used to impale food.

Steam: Cook on a rack above boiling liquid, in a closed container so that the heat of the steam does the cooking.

Stock: Liquid in which meat, vegetables or fish has been cooked.

Toothpick: Small splinter of wood used to clean out the crevices between the teeth or to close cavities in cooking meats and to impale bits of food for better handling.

TABLE OF EQUIVALENT MEASURES

1 pinch	slightly less than 1/8 teaspoon
1 dash	slightly less than 1/8 teaspoon
1 teaspoon (tsp.)	60 drops, liquid
3 teaspoons	1 tablespoon (1/2 fluid ounce)
4 tablespoons (tbsp.)	1/4 cup
16 tablespoons	1 cup (236.5 cubic centimeters) (cc)
2 cups (C)	1 pint
2 pints (pt.)	1 quart
4 quarts (qt)	1 gallon
16 ounces	1 pound (lb.), weight or 1 pint liquid
1 liter	1.05 quarts, liquid .905 quarts, dry
1 ounce (oz.) weight	28.35 grams

COMMON PHILIPPINE EQUIVALENTS OF AMERICAN COOKING TERMS

apples — **manzana**
bacon — **tocino** — **tusino**
baking powder — **baking powder**
bake — **hornohin**
balls — **bola-bola**
beat — **batihin**
beef — **karneng baka**
beefsteak — **remolacha**
beverage — **inumin**
blend — **paghaluin**

banana — saging
barbecue — inihaw na buo
baste — basain ng sabaw
bay leaf — laurel
beans — habichuelas
bread crumbs — mugmug na tinapay
breakfast — agahan
broil — inihaw
butter — mantekilya
boil — ilaga
boiled — nilagang (pakuluan)
bread — tinapay
to bread — igumon sa dinikdik na tinapay
cabbage — repolyo
casserole — kaserola
celery — kinchay
cheese — keso
chicken — manok
chilled — pinalamig
chili pepper — paminta
chocolate — tsokolate
cinnamon — kanela
clove — clavo de comer
coconut — niyog
coconut milk — gata
coleslaw — ensaladang hilaw na repolyo
cook — luto
cornstarch — mais na giniling
cornstarch — gawgaw
cream — nata
croquette — kroketas
cucumber — pipino
cup (measure) — tasa
dessert — panghimagas
dice — tilarin nang kuadrado
dinner — hapunan
drain — patuluin
dry — patuyuin
eggs — itlog
egg white — puti ng itlog
egg yolk — pula ng itlog
fillet — gilit
fish — isda
flour — harina
fritter — maruya
fry — prito
frying pan — kawali
gelatin — gulaman
ginger — luya
grated — kinudkod
grind — gilingin
guava — bayabas
ham — hamon
iced — pinalamig (na)
jam — haleya
lard — mantika
lemon — dayap
lettuce — litsugas
liver — atay
luncheon — tanghalian
mango — mangga
margarine — margarina
meat — karne
melon — melon
melt — tunawin
mince — dikdikin
milk — gatas
mix — haluin
nutmeg — anis maskado
oil, cooking — langis
omelet — tortilla — torreta
onion — sibuyas
oranges — suha, naranghita
oven — hurno
pan-broil — asado de carajay
pan-fry — prito
parboil — patigasin
pare — balatan
parsley — perejil
peanut — mani
peas — habichuelas
peel — talupan
pepper (black) — pamintang itim

pepper (green) — **sili**
pint (measure) — **dalawang tasa**
poached egg — **estralyadong itlog**
pork — **karneng baboy**
potatoes — **patatas**
radish — **labanos**
rice — **bigas**
cook rice — **kanin**
salt — **asin**
sauce — **salsa**
salad — **ensalada**
saute — **ginisa**
scald — **banlian**
scrambled eggs — **rebuelto**
shrimp — **hipon**
soup — **sabaw**
steam — **pasingaw**
stir — **haluin**
sugar (brown) **asukal na pula**
vinegar cider — **suka**
sodium bicarbonate — **bicarbonato de sosa**
soy sauce — **toyo**
stew — **ilaga**
stock — **sabaw**
sweet sour sauce — **sarsang matamis at maasim**
tablespoon — **kutsara**
teaspoon — **kutsarita**
toasted rice — **sinangag**
turnips — **singkamas**
tapioca — **sago**
toast — **tostahin**
tomatoes — **kamatis**
vegetable fat — **langis**
yeast — **levadura**

METHODS OF FISH COOKING

BAKED FISH

Usually the whole fish, without the entrails, is used for baking. When thoroughly clean, the fish is rubbed inside and out with salt, or soaked a few minutes in a brine, stuffed loosely with a favorite stuffing and the opening sewed or fastened in some way to prevent the stuffing from falling out. Some

cooks use cheesecloth or stockinette cloth wrapped around the fish. This has the dual function of keeping the fish closed and helping to maintain the original shape. However, when removed, the cheesecloth pulls off the skin and bits of flesh, besides possibly causing the breaking of the fish, by too much handling.

The fish is placed on a greased rack in a moderate oven (375°.) and baked uncovered for about 10 minutes per pound of fish under four pounds and 15 minutes per pound for fish over that weight. Fish that dries out excessively should be brushed with a fatty dressing or covered with strips of bacon. Another method for a 3-5-pound fish is to bake for 10 minutes at 500°F. followed by a like period of time at 400°F.

Small fish, steaks and fillets can be wet with salted milk, brushed evenly with dried bread crumbs and placed in an oiled baking pan. After sprinkling with a little oil, bake the fish in a very hot oven (500°F - 600°F.) for about 10 minutes. This method is only successful when dried bread crumbs are used as the coating medium.

BOILED FISH

Wrap the whole fish in cheesecloth or cooking parchment paper and lay the fish on a rack. Add enough water to cover the fish, season with 1 tablespoon of salt and 1/2 tablespoon of lemon juice per quart of water. Onions, bay leaves carrots, ginger and other flavoring agents may be added if desired. Bring the water to a boil and then simmer until it is done. This condition is indicated by the flesh separating, somewhat, from the bones. It usually takes about 10 minutes per pound for thin fish and a little more for thick fish.

When boiling fish slices, they must not be too thin (1/2 to 2/3 inches thick is recommended). The prepared water should be boiling when they are put in and the heat must be lowered immediately. The water should be held just below the simmering point until the fish is done. This difference in procedure from that used in cooking the whole fish is used be-

cause the boiling water seals the juice in the slices and thus keeps them from drying out, while the flesh of a whole fish would split and have an undesirable appearance with the same treatment.

To increase the whiteness of white fleshed fish, milk at the rate of one part to one eighth of water can be added.

Boiled fish is particularly appetizing with a tasty sauce, fresh parsley and white potatoes or rice.

STEAMED FISH

Steaming uses the same type of fish as boiling. The fish is thoroughly seasoned with salt and pepper and placed on an oiled tray in the well of a steam cooker or over boiling water. The cooking time is about the same as for boiled fish.

POACHED FISH

Place sole or other tender fish on a buttered baking tray. Season with salt and dampen the whole fish with mushroom puree or soup. Cover the pan and place in a moderate oven (350°F.). Baste from time to time with mushroom soup or thickened fish broth and a little fat. When the fish is done (about 10 minutes per pound for small fish and 15 minutes per pound for large fish), the poaching liquor can be made into a sauce and served with the fish.

For broiling use small fish, fillets, steaks and deeply gashed, tender, large fish.

BROILED FISH

The fish should be placed 2-3 inches from the flame and turned when brown. The complete process should not take over 10 minutes, but of course this time period varies with the size and tenderness of the fish and the heat of the fire.

Broiled fish is excellently served with parsley, lemon, anchovy butter or deviled sauce.

Fish differs from other meats being broiled in that medium flame is better than a hot flame and that basting liquor will enter into the flesh rather than just clinging to the outside.

FRIED FISH

By fried fish, pan frying is usually indicated. Small fish, steaks and fillets can be fried. The fish is dipped into salted milk, rolled in a mixture of flour and corn meal and fried in a thin layer of hot fat. Use regular cooking fats as butter smokes and breaks down at relatively low temperature. Cook on both sides until brown, usually about 10 minutes altogether.

Small fish and small pieces of fish may be dipped in an egg batter, rolled in bread crumbs and fried from 5 to 10 minutes, depending on the size of the fish or pieces. Serve a pan-fried fish with parsley and lemon. Contrary to the general practice the French use a very hot butter to fry in and roll the fish in flour and seasoning. The fish is fried until brown and served with a few drops of lemon juice.

Another method of serving is to scald some chopped parsley and place it on the hot fish. Then a piece of butter is heated until it froths slightly. This is poured over the parsley where it froths vigorously.

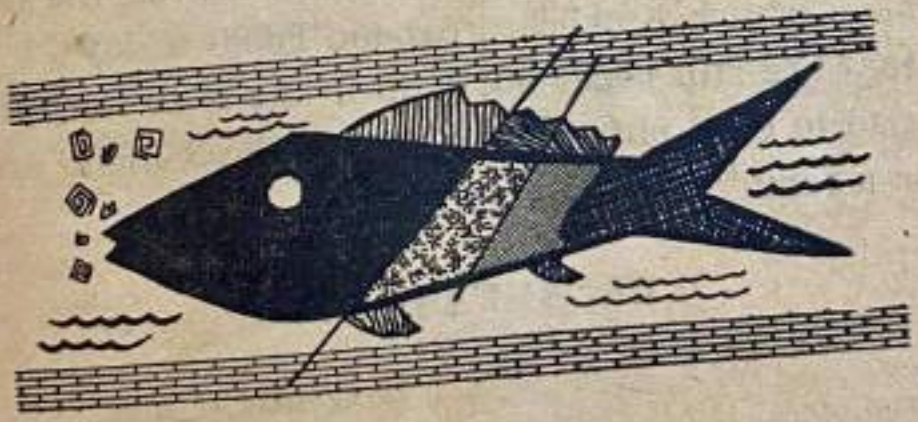
DEEP-OIL PAN FRIED AND DEEP-FAT FRIED FISH

The former requires cooking oil to a depth of about one inch and the latter utilizes deep fat. Both are most efficient at a temperature of 375°F.

The fish should be cut up into serving portions, rolled in a mixture of flour and cornmeal or dipped in egg and rolled in bread crumbs. Then carefully drop the fish into the fat and turn when brown. When deep fat frying it is better to use one layer of fish in a wire basket and immerse this in the fat. When the fish rises to the top, remove it and drain on absorbent paper.

PLANKED FISH

Planked fish is a combination of baking and broiling. The split fish is laid skin down on a hard wood fish plank or oven-ware glass platter. It is salted and peppered and brushed with oil or French dressing. It is then placed in a 400°F. oven for 20-25 minutes, followed by broiling for a few minutes, until a rich brown color is obtained. It may be surrounded with mashed potatoes or broiled tomatoes and returned for another short broil to lightly brown the vegetables. A parsley garnish on the fish with a few slices of lemon makes this an attractive dish when served piping hot.



FAMILY FOOD PLAN FOR A FAMILY WITH A LOW INCOME

(Courtesy of the Institute of Nutrition)

A family food plan, like any other family spending plan, must be workable to be of any value. It must work when things are running along in normal fashion; and with adjustments it should work when emergencies arise. The carrying out of all food spending plans calls for continuous head work and as one homemaker of experience said: "just a lot of plain common sense."

If you have between five to six pesos a day for food, you should feel happier than one who has to feed a big family of eight or ten on three pesos a day. Yet, if we ask a homemaker how she manages on her food allowance of ₱180.00 a month she will invariably start a long trade against food costs and on her multitudinous woes about menu planning and food preparation.

While we do not wish to dwell so much on the housekeeping problem of a lady who can spend ₱6.00 a day for food, we do feel that she still needs our help if she is to keep her family on the road to good nutrition. Our one day's menu and market order for a family of five is as follows:

BREAKFAST MENU

Papaya
Fresh Tomatoes
Milk for Children

Langoniza
Enriched Rice
Salabat

LUNCHEON MENU

Vegetable Soup
Pickled Kangkong
Bananas

Pork and Liver Adobo
Enriched Rice

SUPPER MENU

Clam Soup with Pepper leaves — **Fried Fish**
Alugbati Salad — **Enriched Rice**
Avocado with Milk

MARKET ORDER

Papaya	P.25	Langoniza	P.50
Tomatoes	.20	Ginger	.05
Carrot	.20	Panocha	.10
Cabbage	.05	Stringbeans	.05
Pork	.80	Liver	.60
Kangkong	.10	Bananas	.20
Clams	.20	Pepper leaves	.05
Alugbati	.05	Salted egg	.15
Avecado	.20	Lard	.20
Fish	.60	Garlic	.05
Onions	.05	Rice	.50
Sugar	.05	Milk — 2 tall cans	.80
		TOTAL	**P 6.00**

It helps greatly in food selection to keep in mind certain facts about the following six common food groups:

(1) Milk contains the greatest assortment of nutritive substance of all single food materials, and constitutes the foundation upon which an adequate diet can most safely and most easily be constructed.

(2) The grains are primarily sources of energy and secondarily of protein, not always adequate by itself, but when properly supplemented, would be of great practical value. Only by use of the whole grains or the enriched forms does this class of food stuffs become important for mineral elements or vitamins.

(3) Vegetables and fruits are of greatest significance for their mineral elements and vitamins. Only certain member of the group are good sources of calories, and still fewer of proteins.

(4) Fish, eggs, cheese, nuts, meat, fowl, and game are of prime significance for their yield of proteins of excellent quality. Eggs and cheese are also of the greatest value for certain mineral elements and vitamins. Whether or not meats make other valuable contributions to the diet depends upon the part

of the animal which is represented; for example, liver and kidney are valuable for vitamin A, thiamine, and riboflavin. Pork muscle is an exception, furnishing also considerable amounts of thiamine.

(5) Fats are primarily sources of calories in concentrated form. In certain cases they are also carriers of the fat-soluble vitamins A and D., e.g., butter, fortified margarine, and certain fish liver oils.

(6) Sugars, like fats, are sources of calories. Pure sugars contribute nothing else.

FAMILY SPENDING PLAN FOR GOOD NUTRITION FOR A FAMILY WITH MODERATELY LOW INCOME

(Courtesy of the Institute of Nutrition)

We bring to you a family spending plan for a moderately low income. We say moderately low because there was a time before the war when to earn between ₱300 to ₱400 a month was to be on Easy Street. People who earn ₱300 a month are as economically miserable as those who have to make both ends meet at minimum wage level. When you have to think of the present cost of food in the City of Manila, housing, clothing and operating expenses, it takes real genius to put money away for savings.

A family earning between ₱300 a month and ₱400 a month would be spending approximately 41.9% for food. (Institute of Nutrition Living Costs of Family Income Class in the City of Manila, 1949.) This would be approximately ₱135.00 a month if the family is to have an allowance of 3.5% for light and water; 5.3% for household supplies; 5.9% for clothing: 4% for medical supplies including toilet articles; 7.5% for insurance and 16% for miscellaneous expenses.

A family whose income falls between ₱300 and ₱400 a month would be spending approximately 41.9% of this income for food. This percentage is based on a post-war study made by

the Institute of Nutrition on "Living Costs per Family Income Class in the City of Manila." This would be approximately ₱135.00 a month for food or ₱4.50 a day. Planning a day's menu for a family of five we find it rather difficult to choose from Institute of Nutrition Leaflet No. 17 on "Moderate Cost Menus for the Family" and adjust expenses. Hence we have chosen a menu from Institute of Nutrition Leaflet No. 16 on "Low Cost Menus for the Family." The menu and market order for one day is given below:

BREAKFAST

Calamansi-ade
Fried Daing
Fresh Tomatoes
Enriched Rice
Milk

LUNCH

Beef Picadillo with Malunggay (beef, tomatoes, green onion, yellow camote or potatoes or chayote, onion, garlic, malunggay)
Enriched Rice
Fruit in Season

SUPPER

Ginatan Calabasa
(squash, coconut milk, onions, garlic, sugar, salt)
Dilis
Enriched Rice
Peanuts
Fruit in Season

MARKET ORDER

Beef	₱1.00	Calabasa	.30
Malunggay	.05	Dilis	.15
Lard	.10	Coconut	.20
Green onions	.05	Rice	.50
Camote	.10	Peanuts	.20
Garlic	.05	Bananas	.20
Sugar	.05	Calamansi	.20
Guavas	.20	Daing	.30
Ginger	.05	Tomatoes	.20
Milk	.60		
		TOTAL	₱4.50